

SLOW THE SPREAD OF COVID-19

July 22, 2020

When You Can Be Around Others

Use the information below to determine when it is safe to leave your home and return to work.



I HAD COVID-19: WHEN CAN I RETURN TO WORK

The Centers for Disease Control and Prevention (CDC) states that a test-based strategy is not recommended to determine when someone can discontinue home isolation or quarantine. Employers should not require employees to provide a negative COVID-19 test result or healthcare provider's note to return to work. Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended. People can stop home isolation or quarantine and return to work when they have met all the conditions in boxes A, B or C below.

A

I HAD COVID-19 SYMPTOMS

Most people can stop self-isolation* at home when all 3 of these things have happened:

- ✓ You haven't had a fever for at least 24 hours (without the use of medicine that reduces fevers),
- AND
- ✓ Symptoms have improved and you have not developed new symptoms,
- AND
- ✓ At least 10 days have passed since symptoms started or since the date of your positive COVID-19 test.



If you have met all 3 conditions, you are cleared and no longer need to self-isolate.

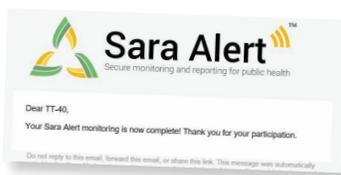
If you are immunocompromised, check with your doctor before ending isolation.



COVID-19 symptoms may include fever, cough, difficulty breathing, chills, fatigue, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea or new loss of taste or smell.

TIP

Is your employer requesting a negative COVID-19 test result? Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended.



fairfaxcounty.gov/health/novel-coronavirus

For questions about COVID-19, call the Health Department call center at 703-267-3511. The Fairfax County Health Department does not provide COVID-19 diagnosis or testing.

B

I TESTED POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

Most people can stop self-isolating* at home after both of these things have happened:

- ✓ At least 10 days have passed since your positive COVID-19 test,
- AND
- ✓ You don't develop any new symptoms since the test.



If you have met both conditions, you are cleared and no longer need to self-isolate.

**Isolation: sick people separate from people who are not sick.*

C

I WAS EXPOSED TO COVID-19

People need to quarantine** when they have spent at least 15 minutes within 6 feet of a person with COVID-19.

When you are quarantining because someone with COVID-19 lives in your household:

- ✓ Stay home and monitor for symptoms the entire time the person is home sick, and for 14 days after the sick person* is allowed to leave the house.

When you are quarantining because you spent time with someone with COVID-19:

- ✓ Stay home and monitor for symptoms for 14 days after the last time you interacted with the person.

If you have met both conditions, you are cleared and no longer need to quarantine.

***Quarantine: people who are exposed to COVID-19 but are not sick separate from others.*

