

ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

RETURN TO WORK GUIDANCE

Updated 12/30/2021

Based on CDC guidance*, you may return to work after testing positive when:

- You completed 5 days of isolation – starting from the day you first experienced symptoms of COVID-19 – AND if you are 24 hours free of fever (without the use of medicine to reduce the fever) AND your symptoms are improving. You must wear a mask for an additional 5 days whenever you are around people. If you work in a healthcare setting or a nonhealthcare congregate setting, the guidelines may be different.
- If your symptoms are not improving and/or if you are still running a fever (without the use of medicine to reduce the fever), you must remain in isolation longer than 5 days. You must be fever free for at least 24 hours and your symptoms need to be improving.
- If you never had symptoms, you can return to work 5 days after the date of your positive test (the date the sample was taken). You must wear a mask for an additional 5 days whenever you are around people.
- If you were hospitalized for COVID-19, your isolation may be up to 20 days. Discuss this with your healthcare provider.
- **Do NOT get another PCR test for COVID-19 for the next 90 days** unless you develop new symptoms. It is common for a PCR test to remain positive for a up to a couple of months, even though you are no longer able to spread the virus.

* https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html#anchor_1631644692156

* <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html#who-should-get-tested>

FOR ADDITIONAL INFORMATION

Frequently Asked Questions: <https://www.allegHENYcounty.us/Health-Department/Resources/COVID-19/Frequently-Asked-Questions.aspx>

Isolation and Quarantine Basics:

https://www.allegHENYcounty.us/uploadedFiles/Allegheny_Home/Health_Department/Resources/COVID-19/Docs/IQ%20basics_11-01-21.pdf

Links to Testing Resources: <https://www.allegHENYcounty.us/Health-Department/Resources/COVID-19/Information-on-COVID-19-Testing.aspx>

Links to Vaccine Resources: <https://www.allegHENYcounty.us/Health-Department/Resources/COVID-19/COVID-19-Vaccine-Information.aspx>

Links to Current Case Statistics: <https://www.allegHENYcounty.us/Health-Department/Resources/COVID-19/COVID-19-Current-Case-Statistics.aspx>

