

STAY SAFE MN



COVID-19 When to Return to Work

11/02/2020

If you have been close to someone who has COVID-19, follow these guidelines for when to stay home and when you can return to the workplace. These guidelines are for most workers.



People who work in health care facilities, school/child care, and some other workplaces may have different guidelines for when they should return to work. In these situations, the Minnesota Department of Health will be in contact with your employer, and your employer will tell you when to return to work.

COVID-19 symptoms can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.



If you were in close contact with someone who has COVID-19

In general, close contact means you were within 6 feet of a person who has COVID-19 for 15 minutes or more throughout the course of a day (24 hours). However, even shorter periods of time or longer distances can result in spread of the virus. This could include someone you live with.

- Stay home from work and other activities for 14 days from the last time you had contact with the person who has COVID-19.
- Tell your boss and work from home if you can.
- Get tested. It is best to wait at least 5 days after you were close to the person with COVID-19. If you get tested too soon, the test may not be able to detect the virus.
- Even if you test negative for COVID-19, you need to stay home the full 14 days. It can take this long for symptoms to appear.
- Stay apart from others and do not share anything that others touch: phones, knives and forks, etc.
- If you do not get sick, you can go back to work after 14 days.

- If you get sick or test positive, continue to stay home and follow the instructions below for people who have COVID-19 or COVID-19 symptoms.



If you have COVID-19 or have symptoms but do not get tested:

- Stay home until all three of these things are true:
 - It has been at least 10 days since your symptoms first started, **AND**
 - You are fever-free for 24 hours, without using fever reducing medicine, **AND**
 - Your symptoms of COVID-19 are better.
- You may need to stay home longer than 10 days if your symptoms are not improving or become worse, you have conditions that weaken your immune system, or you have been in the hospital. Talk to your doctor or clinic for instructions.
- Stay apart from others and do not share anything that others touch (phones, knives and forks, etc.). Wear a mask if you have to be in the same room with others.
- Tell your boss and work from home if you can.



If you have COVID-19 symptoms but have tested negative:

- If you receive a **negative** test result but have symptoms, talk to your doctor or other health care provider.
- If they say you have a different illness or your symptoms are from a chronic condition, follow their advice for how long to stay home.
- If they do not know your symptoms are from another illness or condition, you should still stay home from work and other settings until you do not have a fever and you feel better, meaning your symptoms have improved enough that you feel well enough to go about your daily activities.
- If you are a health care worker, talk to your employer, as their recommendations may be different.



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Contact health.communications@state.mn.us to request an alternate format.