Returning to Work Following COVID-19 Isolation or Quarantine

Guidance for Employers

Santa Cruz County does not provide individualized clearance letters for returning to work following COVID-19 isolation or quarantine.

Employees should instead follow the Centers for Disease Control and Prevention's (CDC's) criteria for returning to work using a symptomsbased strategy.

- For individuals who test positive for COVID-19 and/or have symptoms, isolation may end after 10 days.* Research shows that people who test positive and experience mild to moderate symptoms are no longer infectious 10 days after symptoms begin.
- For individuals exposed to COVID-19 who do not have symptoms, quarantine may end after 14 days from last day of exposure.* Symptoms can appear within 14 days after exposure. Recommendations for when to end quarantine are different from isolation to take into account the time it takes for symptoms to develop, if infected. For additional information on when to start and end quarantine visit https://www.cdc.gov/coronavirus/2019ncov/if-you-are-sick/quarantine.html

Re-testing individuals for COVID-19 is not recommended for determining when an employee can return to work. Recovered individuals can continue to test positive for up to three months after initial infection, even though they are no longer infectious.

*Refer to chart for detailed guidance

Return to Work Criteria

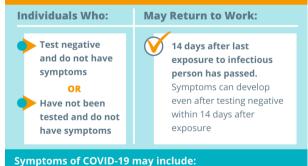
Using a Symptoms-Based Strategy

First responders and healthcare workers should follow their workplace protocols for returning to work. All other workers should self-attest that they meet the following criteria:

Following COVID-19 Infection



Following COVID-19 Exposure



Cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, diarrhea, vomiting, headache, and new loss of taste or smell.

Sources:

https://www.cdph.ca.gov/Programs/CID/DCDC/Pag es/COVID-19/Guidance-on-Returning-to-Work-or-School-Following-COVID-19-Diagnosis.aspx#

https://www.cdc.gov/coronavirus/2019ncov/hcp/disposition-in-home-patients.html

