When Can I Return to Work
After COVID-19 Exposure?

Updated 9/2/21

Whatcom County HEALTH Department

If you were exposed to COVID-19...

1. Stay home for 14 days.

2. Notify your employer.

3. Watch for symptoms:
   - Fever
   - Cough
   - Shortness of breath
   - Chills
   - Muscle pain
   - Headache
   - Sore throat
   - Loss of taste/smell
   - Fatigue
   - Nausea/vomiting

4. Get COVID-19 test 5-7 days after exposure.

5. Stay home even if test result is negative. If test is positive, follow the steps below.

If you work in critical infrastructure:
Your employer will consult with our Business Response Team to see if you can work during quarantine.

If you are fully vaccinated, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

If you have COVID-19 or COVID-19 symptoms...

1. Stay home.

2. Notify your employer.

3. Don't go to work or visit with others outside your home.

4. Call your health care provider.

Stay in isolation until...

1. **24 hours** after your fever is gone without using medicine, AND

2. **Your other symptoms have improved** (for example, cough or shortness of breath), AND

2. **At least 10 days** have passed since your symptoms started.

Stay in isolation until you meet all three criteria, then you may return to work the next day. You do not need a negative COVID test.

How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later (isolate at least this long):	My fever was gone on:	Date 24 hours after fever ends:	My other symptoms got better on:	Circle the latest date. You can return to work the next day.
EXAMPLE Jan 10	EXAMPLE Jan 20	EXAMPLE Jan 15	EXAMPLE Jan 16	EXAMPLE Jan 17	EXAMPLE Jan 21