

## When to End Isolation & Return to Work

For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days *after symptom onset or date of the positive test* and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms. Sacramento County Public Health (is no longer providing individualized clearance letters for returning to work following COVID-19 infection as of August 2020. Employees should self-attest that they meet criteria for returning to work using the County forms signed by the Health Officer and submit that to your employer if requested.

## COVID-19 Who Needs To Quarantine?

**People who have been in close contact with someone who has COVID-19—  
excluding people who have had COVID-19 within the past 3 months.**

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

### What counts as close contact?

- You were within 6 feet of someone who has been confirmed positive with COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### I've tested positive for COVID-19 infection; how soon do I need to be tested again?

- CDC and Sacramento County does not recommended retesting. As long as you remain symptom free, once you've tested positive for the virus, you do not need to be tested again for 90 days from symptom onset, or from the date of your positive test. For people who have recovered from a COVID-19 infection, a positive PCR without new symptoms during the 90 days after illness onset more likely represents persistent shedding of viral RNA than reinfection.

If employees or employers need additional information on these recommendations they can contact [COVID19@saccounty.net](mailto:COVID19@saccounty.net).