



COVID-19 Isolation & Quarantine for Workers

Revised 1/20/2022

This guide covers when and for how long workers must stay home if they test positive for COVID-19 or are exposed to someone who has COVID-19. There are additional guidelines for [health care workers](#) and workplaces covered by the [Aerosol Transmissible Diseases standard](#). When testing to return to work, antigen tests are preferred but tests must be processed by a laboratory, or observed or administered by a medical professional or worker's employer. Report cases at bit.ly/3KFofIG. For more information, visit cchealth.org/coronavirus.

SCENARIO	ACTION	RETURN TO WORK
Worker tests positive for COVID-19, regardless of vaccination status	Isolate	<ul style="list-style-type: none"> Isolate at home for at least 5 days Can return to work after day 5 if they do not have symptoms or are feeling better <u>AND</u> test negative on day 5 or later If not tested, but they do not have symptoms or are feeling better, they can return to work after day 10 Must wear a face covering around others for 10 days
Worker is unvaccinated and exposed to someone with COVID-19	Quarantine	<ul style="list-style-type: none"> Quarantine at home for at least 5 days after the close contact <u>AND</u> test on day 5 Can return to work after day 5 if they do not have symptoms <u>AND</u> test negative on day 5 or later If not tested and don't have symptoms, they can return to work after day 10 If they develop symptoms, they must isolate and get tested Must wear a face covering around others for 10 days
Worker is booster-eligible but not boosted and exposed to someone with COVID-19	No Quarantine	<ul style="list-style-type: none"> Can continue coming to work if they do not have symptoms <u>AND</u> test negative 3-5 days after exposure If they test positive or develop symptoms, they must stay home and follow isolation instructions above Must wear a face covering around others for 10 days
Worker is boosted, or fully vaccinated but not yet eligible for a booster, and exposed to someone with COVID-19	No Quarantine	<ul style="list-style-type: none"> Can continue coming to work if they do not have symptoms <u>AND</u> test negative on day 5 after exposure If they test positive or develop symptoms, they must stay home and follow isolation instructions above Must wear a face covering around others for 10 days

