

## When can I return to work after being sick with COVID-19? Transcript

You are sick with COVID-19 symptoms but have NOT been tested for COVID-19. OR You are sick and your health care provider told you that you have COVID-19 based on a lab test or symptoms.

If you are sick with COVID-19 symptoms - such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, but have not been tested for COVID-19 or you are sick and your doctor or local clinic told you that you have COVID-19 based on a lab test or symptoms.

Stay at home and separate yourself from others in your household. Do not share anything like utensils, or phones.

Stay at home until all three of these things are true: 1. Your symptoms, like cough or shortness of breath, have improved. 2. It's been at least 10 days since your symptoms started. 3. You've had 24 hours with no fever without fever reducing medicine. Stay home for the amount of time that is the longest.

For example, your symptoms start on a Tuesday. Your temperature goes down without fever reducing medicine on the following Sunday. After 24 hours of no fever, you could return to work on Tuesday. You've stayed home a total of 13 full days.

One more example. Your symptoms start on Sunday. Your temperature goes down without fever reducing medicine on Thursday. After 24 hours of no fever, you've stayed at home for five days. Since the minimum number of days you need to stay home is 10 full days, you can return to work on Thursday.

When you return to work, stay 6 feet away from co-workers and visitors if possible and wear a mask. Check your local and workplace guidance about masks when returning to work.

If you work in health care or still aren't feeling well enough to work, talk to your employer.

For up to date information about COVID-19 visit [health.mn.gov](http://health.mn.gov)

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11/06/20

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