

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

AUDIO DESCRIBED TRANSCRIPT

[title card: COVID-19 and When to Return to Work, above icons for city buildings and a car]

[Calendar icon appears, text onscreen: When you can you return to work if: -- Narrator reads text on screen]

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

[Icons illustrating symptoms of COVID-19 appear]

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.

[An icon of a house appears, there is a sick person separated from two other people. Later icons appear of a drinking glass, an eating utensil and a phone appear.]

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

[The narrator reads text onscreen]

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.

[A calendar appears and counts out the days as described by the narrator]

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.

[An icon of person wearing a mask appears.]

Check your local and workplace guidance about masks when returning to work.

[Stay safe logo and website link]

For up to date information about COVID-19 visit health.mn.gov

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To obtain this information in a different format, call: 651-201-4989.