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## Self Attested Return to Work Letter

By signing this document, I verify that I have completed the necessary isolation or quarantine periods as recommended by the CDC and have been symptom-free for the appropriate number of days as required below, and that the information reported below is correct.

Therefore, I can be released from isolation or quarantine and may resume work-related activities.

By signing this document, I will abide by my employer's infection control policies and any other requirements pursuant to any executive orders and other applicable state laws and rules.

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**Print Name**

Employees Returning from Isolation after Testing Positive for COVID-19 OR Returning from Quarantine After Exposure to a Confirmed COVID-19 Case

Date of Symptom Onset OR Specimen Collection Date if Positive Test (if asymptomatic) OR Date of Last Exposure to COVID-19 Confirmed Case. (Day 0)

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End of Isolation Period OR End of Quarantine period if asymptomatic and no positive test. (Day 6)

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**Signature**

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**Date**

\*Individuals should not end their isolation or quarantine until their symptoms are improving and they are fever-free for 24 hours without fever-reducing medication.

This document summarizes the CDC’s guidelines for isolation and quarantine to help employees and employers assess when an individual can return to work after a confirmed case of COVID-19 or after close contact with a confirmed case of COVID-19. Neither the [Centers for Disease Control and Prevention \(CDC\)](#), [Occupational Safety and Health Administration \(OSHA\)](#), or the [Equal Employment Opportunity Commission \(EEOC\)](#) recommend that employers require employees to obtain a note from a doctor or other health care provider before returning to work after a COVID-19 diagnosis or close contact. Instead, employers are urged to develop policies that align with these guidelines and recommendations in regards to employee return to the workplace after a confirmed case of COVID-19 or a close contact with a confirmed case of COVID-19. Employees are cautioned that this document is general guidance, and employees should consult with their individual employers for policies applicable to their situation.

## Guidelines and Recommendations

### Positive Cases

Individuals who have tested positive for COVID-19 should isolate for 5 days after onset of symptoms (onset day is Day 0), or 5 days after the date of specimen collection of positive test if no symptoms are present (specimen collection date is Day 0). If an individual is fever-free for 24 hours (without the use of fever-reducing medication) and their symptoms are improving after 5 days, they are released from isolation (on Day 6) but need to continue to wear a well-fitting mask for the next 5 days when around others, including at home.

### Close Contacts

Individuals who have been in close contact with a confirmed case of COVID-19 should follow the quarantine guidelines below depending on whether they have been vaccinated or have had a confirmed case of COVID-19 within the past 90 days.

If an individual had a confirmed case of COVID-19 within the past 90 days, confirmed with a viral test (antigen or PCR), OR is [up-to-date](#) on recommended COVID-19 vaccinations, including booster doses, they:

- Do not need to quarantine if they do not have any COVID-19-like symptoms, but should wear a mask around others for 10 days from the date of last close contact, and test 5 days after the date of last exposure.
- Should watch for symptoms until 10 days after date of last close contact with someone with COVID-19. If [COVID-19-like symptoms](#) develop, they should immediately isolate from others until a negative test result confirms that symptoms are not caused by COVID-19.

- Those with household or other close contact exposures may consider testing a second time if the first test is negative two days after the date of the specimen from the first negative test.

If an individual is NOT [up-to-date](#) on recommended COVID-19 vaccination, they:

- Should stay home and quarantine for 5 days, and continue to wear a mask around others for an additional 5 days and test 5 days after the date of last exposure (if test is positive, continue to isolate until viral test is negative (antigen or PCR)).
- Watch for symptoms until 10 days after the last close contact with someone with COVID-19.
- If [COVID-19 symptoms](#) develop, should immediately isolate at home until a negative test result confirms that symptoms are not caused by COVID-19. Those with household or other close contact exposures may consider testing a second time if the first test is negative two days after the date of the specimen from the first negative test.

Regardless of vaccination status, individuals following release from 5 days of isolation/quarantine, should do the following:

- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, at least until 10 days after onset date or specimen collection date if asymptomatic, or after last close contact with someone with COVID-19.
- • Not go to places where they are unable to wear a mask, such as restaurants and some gyms, and avoid being around others at home and at work until 10 days after onset date or specimen collection date if asymptomatic, or after last close contact with someone with COVID-19.

Healthcare workers, those with severe COVID-19 illness, immunocompromised, school-aged children or children or staff in daycare settings may be subject to additional or different requirements for purposes of return to work, school or daycare. Please visit the following websites for additional guidance:

- Severely ill with COVID-19: isolate for at least 10 days and [Consult your doctor before ending isolation](#).
- [Healthcare worker](#)
- Immunocompromised: [People with Certain Medical Conditions | CDC](#)
- [School-aged children](#)
- [Daycare](#):