

# When Can I Return to Work After Covid-19 Infection?

non-healthcare personnel



Georgia Department of Public Health recommends a **time and symptom based work release**.  
What does that mean?

## Symptomatic

Have you had any of the following? <sup>1</sup>

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## Asymptomatic

Have not had any symptoms.

**10 Days**  
in self-isolation since symptoms first appeared <sup>2</sup>

- Stay home except to get medical care <sup>2</sup>
- Avoid contact with others in the house <sup>2</sup>
- Sanitize highly touched surfaces <sup>2</sup>

## Not developing symptoms

Asymptomatic people who later develop symptoms should follow the guidance for symptomatic infection <sup>2</sup>

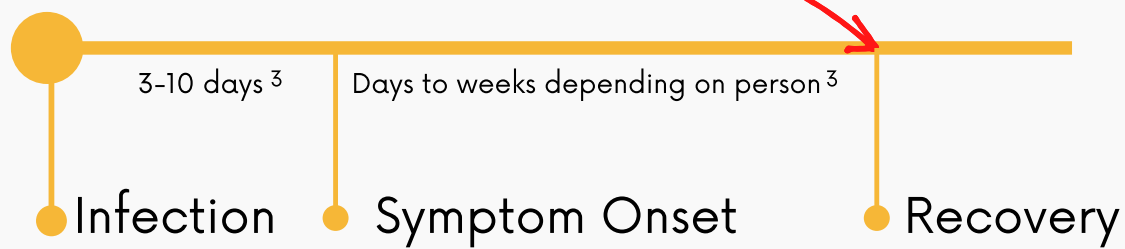
**3 Days**

- Without fever (without using fever-reducing medications) <sup>2</sup>  
AND
- improvement in respiratory symptoms (e.g., cough, shortness of breath); <sup>2</sup>

**You are ready!**

See next page.....

You are here



### Ok, I have.....

- Done 10 days of self isolation
- Gone 3 days with improved symptoms and no fever
- Notified my employer

**You are set to go!**

## But keep the following in mind.

# #1.

### You do NOT need to get tested again

- Sometimes people can test positive for the virus even if they are recovered and not infections<sup>4</sup>
- More testing means longer wait times for those getting there first test



# #2.

### Still wear a mask and social distance

- Until told otherwise, wear a disposable or cloth mask help prevent the spread of germs<sup>5</sup>
- The reality is that there is not enough evidence to prove you can't get re-infected, so better safe than sorry<sup>5</sup>

# #3.

### Continue to monitor symptoms

- Symptom monitoring can help catch any lingering symptoms, and monitor for further infection<sup>5</sup>
- If further symptoms worsen, stay in isolation<sup>2</sup>



# References

1. Centers for Disease Control and Prevention. Symptoms of Coronavirus. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. Published 2020. Accessed.
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3. He X, Lau EHY, Wu P, et al. Temporal dynamics in viral shedding and transmissibility of COVID-19. *Nature Medicine*. 2020;26(5):672-675.
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5. Kirkcaldy RD, King BA, Brooks JT. COVID-19 and Postinfection Immunity: Limited Evidence, Many Remaining Questions. *JAMA*. 2020;323(22):2245-2246.

