

STAY SAFE MN



# COVID-19 and When to Return to Work

Follow these guidelines when staying home and returning to the workplace. To use this document, look for the best description (sections 1 – 5) of your current situation, then follow the guidelines for that section.

## 1 You are NOT sick and have NOT been in contact with someone with COVID-19.

### GUIDELINES FOR STAYING HOME

- Stay 6 feet away from others if you need to leave your home.
- Work from home if you can.

### GUIDELINES FOR RETURNING TO THE WORKPLACE

- Stay 6 feet away from co-workers and visitors if possible.
- If it is difficult to stay 6 feet away, wear a mask.

## 2 You are NOT sick, but someone in your household does not feel well.

### GUIDELINES FOR STAYING HOME OR RETURNING TO THE WORKPLACE

- If household member does NOT have COVID-19 symptoms, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section 1.
- If household member HAS symptoms of COVID-19, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, follow section 3.

## 3 You were in close contact with someone with COVID-19 (like a person in your household), but you are NOT sick.

### GUIDELINES FOR STAYING HOME

- Stay home, separate yourself from others in your household, and do not share anything (e.g., utensils, phone) for 14 days.
- Work from home if you can.
- Consider contacting your healthcare provider for further testing.



## GUIDELINES FOR RETURNING TO THE WORKPLACE

- Notify your supervisor.
- Stay home for 14 days or consider contacting your healthcare provider for further testing.
- If you become sick (fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell), continue to stay home and follow section 5.
- Return to work after 14 days if you do not develop symptoms or after test results are confirmed negative.

**4** 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

**5** You are sick and your health care provider told you that you have COVID-19 (based on a lab test or symptoms).

## GUIDELINES FOR STAYING HOME

- Separate yourself from others in your household, do not share anything (e.g. utensils, phone) and stay at home for at least:
  - 10 days, and for 3 days with no fever (without fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Work from home if you can.

## GUIDELINES FOR RETURNING TO THE WORKPLACE

- Notify your supervisor.
- Return to work after 10 days, and for 3 days with no fever (without-fever reducing medicine) and improvement of respiratory symptoms (cough, shortness of breath) whichever is longer.
- Stay 6 feet away from co-workers and visitors, if possible.
- If it is difficult to stay 6 feet away, wear a mask.



Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 651-201-3920  
625 Robert Street North, PO Box 64975, St. Paul, MN 55164-0975

Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

06/02/2020