

Return to work guidelines after a covid-19 diagnosis

King County Emergency Medical Services

March 15, 2020

Return to work following exposure to confirmed COVID-19.

These are guidelines for return to the workforce. Individual cases may require review and specific modification of this plan if there are special circumstances.

I. Asymptomatic individual for 14 days following exposure to confirmed COVID-19.

If an employee has been asymptomatic for 14 days following COVID-19 exposure, the employee may re-join the workforce after confirming status with Health Officer.

II. Symptomatic individual during the 14 days following exposure to confirmed COVID-19.

Individual tests negative for COVID-19 during symptoms. The employee's illness is not caused by COVID-19. The employee may return to work after 14 days or following resolution of their symptoms, whichever is longest. Approval to return must be confirmed with the Health Officer.

For example, the patient develops respiratory illness 4 days after exposure, COVID-19 test is negative on day 7, and the illness resolves by day 9. The employee must remain on quarantine until day 14 before returning to work.

Conversely, the patient develops respiratory illness 8 days after exposure, COVID-19 test is negative on day 9, the patient has symptoms that persist beyond 14 days. The patient must wait until illness resolves beyond the 14 days to return to work. The employee should treat the illness as they would normally (seek medical care depending on symptoms and severity).

III. Symptomatic individual during the 14 days following exposure. Individual tests positive for COVID-19 during symptoms.

Best practices are currently under review by DOH and PH. Best practices are currently under review by DOH and PH. Please consult with Dr. Rea about each case.