

Return-to-Work Self-Certification for COVID-19*

Persons with COVID-19 symptoms and/or a positive test who were directed to care for themselves at home may end self-isolation after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving**

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue self-isolation when at least 10 days*** have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Persons suspected of having COVID-19 who have been tested and receive a negative PCR test may discontinue isolation precautions provided they feel well. **Antigen and antibody tests do not rule out suspect COVID-19 cases.**

If the employee is sick with non-COVID-19 symptoms, or if the employee has tested negative for COVID-19****, the employee's *symptoms must have improved 24 hours before returning to the worksite*. If teleworking or working from home, the employee does not have to wait the 24 hours before resuming work duties.

If a vaccinated employee is a close contact (defined as within 6 feet for 15 minutes) of a confirmed positive, that person may return to work as usual, as long as no symptoms develop.

If an unvaccinated employee is a close contact (defined as within 6 feet for 15 minutes) of a confirmed positive, that person may return to work

- After 14 days of quarantine from the last day they were exposed, as long as no symptoms develop (gold standard) **OR**
- After 10 days of quarantine from the last day they were exposed, as long as no symptoms develop with daily monitoring through day 14 **OR**
- After 7 days of quarantine from the last day they were exposed, if the individual receives a COVID-19 negative test (molecular/PCR or antigen) at least 48 hours before the time of planned quarantine discontinuation and no symptoms develop with daily monitoring through day 14.

Employee Self-Certification

Employees Returning from Isolation

Date of Symptom Onset: ___/___/___
 Test Date and Result: ___/___/___ Positive Negative Not Tested
 Date of Recovery: ___/___/___

Employees Returning from Quarantine

Date of Last Exposure to COVID+: ___/___/___
 Date to Discontinue Quarantine ___/___/___
 Test Date and Result: ___/___/___ Positive Negative Not Tested

By signing this document, I verify that I have been symptom-free for the appropriate number of days and that the information reported above is correct. Therefore, I can be released from isolation and may resume work-related activities.

Signature _____

Date _____

* Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation
 **This form is not required by the State of Louisiana to return to work but is intended as a guide to assist employers and employees on when it is safe to return to work. This form is not mandated by the State of Louisiana.
 ***Employees of congregate settings (nursing homes, prisons) must wait 10 days to return to work, unless the employee is deemed essential and allowed to return while in the quarantine period according to CDC guidance.
 ****The test must be a negative PCR/molecular test at least five days after exposure to a positive case or suspected illness.