

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 when at least **24 hours** have passed *since recovery*, meaning:

- Fever free without the use of fever-reducing medications, **AND**
- Improvement in symptoms (e.g., cough, shortness of breath), **AND**
- At least 10 days* have passed since symptoms first appeared.

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.

If the employee is sick with non-COVID-19 symptoms, or if the employee has tested negative for COVID-19***, the employee must still be *symptom free for 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 an 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

*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 test at least five days after exposure to a positive case or suspected illness.