

STAY SAFE MN



COVID-19: When to Return to Work

Follow these guidelines when staying home and returning to the workplace. These guidelines are for all workers except people who work in health care. Information for health care workers is available at the Minnesota Department of Health's [Health Care: COVID-19 page \(www.health.state.mn.us/diseases/coronavirus/hcp/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/hcp/index.html) and from your employer.

COVID-19 symptoms can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.



If someone you live with has COVID-19 or COVID-19 symptoms:

- For 14 days, even if you test negative for COVID-19:
 - Stay home as much as you can.
 - Stay apart from others.
 - Do not share anything that others touch: phones, knives and forks, etc.
- Tell your boss and work from home if you can. If you work in health care or another critical job where your absence would create a staffing crisis, call your employer for individual instructions about working. If allowed to work, wear a mask and stay 6 feet (2 meters) away from others.
- If you do not get sick, go back to work after 14 days.
- If you get sick, continue to stay home and follow the instructions below for people who have COVID-19 or COVID-19 symptoms.



If you have COVID-19 or COVID-19 symptoms:

- Stay apart from others; do not share anything that others touch (phones, knives and forks, etc.); wear a mask if you have to be in the same room with others; and stay home until all three of these things are true:
 - It has been at least 10 days since your symptoms first started, **AND**
 - You are fever-free for 24 hours, without using fever reducing medicine, **AND**
 - Your symptoms of COVID-19 are better.
- Note: You may need to stay home longer than 10 days if you have conditions that weaken your immune system or you have been in the hospital. Talk to your doctor or clinic for instructions.
- Tell your boss and work from home if you can. If you work in health care or another critical job where your absence would create a staffing crisis, call your employer for individual instructions about working. If allowed to work, wear a mask and stay 6 feet away from others.
- When you return to work, stay 6 feet away from others, if possible, and wear a mask.



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Contact health.communications@state.mn.us to request an alternate format.

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