

Special Instructions – If You have Recently Recovered from a Confirmed Case of COVID 19

If you have been exposed to someone with suspected or confirmed COVID-19 and meet all of the following criteria:

1. You have recovered from a laboratory-confirmed COVID 19 infection and have already met the criteria to end isolation and,
2. You are within the first 3 months following the onset of symptoms of your initial confirmed infection, or within the first 3 months of your first positive viral test if you were asymptomatic during your initial infection and,
3. You have remained asymptomatic since the new exposure

then you are not required to quarantine or repeat testing for COVID 19 as a result of the new exposure.

If you have a new exposure to a person with suspected or confirmed COVID-19 and meet the first two above criteria, but develop new symptoms consistent with COVID-19 within 14 days of the new exposure, you must isolate immediately and seek medical advice. You may not report to work.

Out of State Travel

Similarly, if you have tested positive for COVID-19 in the past 3 months and have recovered, and then engage in travel out of state, you do not need to quarantine or get tested again during that three-month period as long as you do not develop new symptoms. If new symptoms develop after travel, you should follow instructions for what to do if you are sick. You must isolate and seek medical advice. You may not report to work.