

COVID-19 Potential Workplace Scenarios

Category	When to Discontinue
You or a member of your household/intimate partner have any of the following: Fever, cough, difficulty breathing or other symptoms of congestion or runny nose, nausea or vomiting, diarrhea, sore throat, muscle aches or pain, fatigue, shortness of breath, chills, headache, or new loss of taste or smell	Home Isolation until screened by CDC self-checker , medical provider, or state based tool: <ul style="list-style-type: none"> • Iowa • Minnesota • Nebraska • North Dakota • Wisconsin
Probable or Suspected COVID-19 (not tested) but have signs or symptoms	Home isolation until Symptom-Based Criteria is met: <ul style="list-style-type: none"> • No fever for at least 24 hours (without fever reducing meds) and • Symptoms have improved and • At least 10 days have passed since symptoms first appeared
Confirmed COVID-19 (tested) and have signs or symptoms	Home isolation is needed. If not severely immunocompromised, can use the symptom-based criteria above. If Severely immunocompromised – consult with infectious disease experts.
Confirmed COVID-19 (tested) but no signs or symptoms	Home isolation until Date-Based Criteria is met: <ul style="list-style-type: none"> • At least 10 days have passed since the date of the first positive test and • Continue to have no symptoms since the test <p style="text-align: center;">Individuals need to physically distance and wear a mask when others are present – including at home.</p>
Contact of a contact of a probable or confirmed COVID-19 (e.g., you and your brother were fishing on Saturday and Monday he calls to report he was exposed at work last week Wednesday)	No home isolation or quarantine is necessary if both individuals have no symptoms, this is not considered an exposure.
You or a member of your household/intimate partner has a close contact (i.e., 6 feet for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset or test collection) with an infected person until meets criteria to discontinuing home isolation	Home quarantine: <ul style="list-style-type: none"> • 14 days after last exposure even if tested negative • Post exposure testing is based upon State or local Public Health recommendations • Must be separated if within the home if others who were not also exposed, always maintain 6 feet from others, avoid contact with those at high risk, and do not leave home unless for medical appointments <p>Exclusion: If the exposed individual has had COVID-19 within the past 3 months</p>

The ultimate decision on follow-up recommendations is determined by the local health department.