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**TO:** All Californians

**SUBJECT:** Guidance on Returning to Work or School Following COVID-19 Diagnosis

## Guidance on Returning to Work or School Following COVID-19 Diagnosis

This guidance is intended for individuals, except those who work in health care settings, who have tested positive for COVID-19. CDPH recommends adherence to the [current CDC guidance on discontinuing isolation](#) and returning to work or school, summarized here for easy reference. Workers in health care settings should follow [CDC guidance for health care personnel](#) and any relevant CDPH [All Facilities Letter](#) directives.

Individuals who test positive for SARS-CoV-2, the virus that causes COVID-19, and who **have had symptoms**, may return to work or school when:

- At least 10 days have passed since symptoms first appeared, AND
- At least 24 hours have passed with no fever (without use of fever-reducing medications), AND
- Other symptoms have improved.

Individuals who test positive for SARS-CoV-2 who **never develop symptoms**, may return to work or school 10 days after the date of their first positive test for SARS-CoV-2.

Requiring a negative SARS-CoV-2 test prior to returning to work or school is not recommended. Instead, employers and schools should follow the time- and symptom-based approach described above in determining when individuals can return to work or school following COVID-19 diagnosis.

Return to work or school guidelines for all individuals or for specific settings may differ in certain local health jurisdictions in California; individuals should also consult with and follow guidance from their local health departments.

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