

Return to Work from Respiratory Viral Infection/ILI, Including COVID-19

If you have:

Mild cold or allergy symptoms with 1 or more of the following:

- nasal congestion/runny nose
- sore throat

**Fever (temp \geq 100.4 F), feverish, chills
(with or without other symptoms including new cough)**

Recent COVID-19 exposure?

Yes

Out of Work

No

With any of the following symptoms:

- Systemic (overwhelming fatigue, loss of appetite, H/A)
- New Cough
- Loss of taste/smell
- New or worsening GI symptoms (nausea, vomiting, diarrhea)

Yes

COVID-19 testing

- PCR x 1
- home antigen test x 2, 48 hrs apart

COVID-19 Positive

See [BILH Return to Work for Healthcare Personnel with COVID-19, Influenza, or Influenza-like Illness](#)

COVID-19 Negative

- At least 24 hours without a fever or other systemic symptoms without use of fever reducing medications, AND
- Improvement in all other symptoms

Out of work pending negative COVID-19 test:
• PCR or one (1) home antigen test, and
• Feeling well enough to work.

No

COVID Negative

- May return to work wearing a mask until symptom resolution.
- Repeat home Ag test 48 hours after first.
- **If symptoms progress or new symptoms develop, then out of work pending re-testing**