Return-to-Work/School Self-Certification for COVID-19*

Persons with COVID-19 symptoms and/or a positive test who were directed to care for themselves at home may end self-isolation when at least **24 hours** have passed *since recovery,* meaning:

- Fever free without the use of fever-reducing medications, **and**
- improvement in symptoms (e.g., cough, shortness of breath), **and**
- At least 10 days* have passed *since symptoms first appeared*.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue self-isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Persons suspected of having COVID-19 who have been tested and receive a negative test may discontinue isolation precautions provided they feel well.

If the person is sick with non-COVID-19 symptoms, or if the person has tested negative for COVID-19**, the person must still be *symptom free for 24 hours before returning to the worksite*. (If an employee is approved for teleworking or working from home, the employee does not have to wait the 24 hours before resuming work duties.)

If a person is a close contact (defined as within 6 feet for 15 minutes) of a confirmed positive and requires isolation, that person may return to work after the 14-day quarantine period has passed, as long as no symptoms develop.

Employee/Student Self-Certification

Test Date: _____/ _____/ 2020

Test Result (circle one): Positive Negative Not tested

Date of Symptom Onset: _____/_____/ 2020

Date of Recovery (as defined above): _____/_____/ 2020

By signing this document, I verify that I, or my student, has been symptom-free for the appropriate number of days and that the information reported above is correct. Therefore, I can be released from isolation/quarantine and may resume work/school related activities.

_____ _____

Employee/Guardian/Student Signature Date

*This form is not required by the State of Louisiana to return to work but is intended as a guide to assist employers, employees, and students/guardians on when it is safe to return to work/school. **This form is not mandated by the State of Louisiana.**
**The test must be a negative PCR test at least five days after exposure to a positive case or suspected illness.

(July 22, 2020 – Form will be updated as guidelines change)