



# COUNTY OF MONTEREY HEALTH DEPARTMENT

Elsa Jimenez, Director of Health

Administration	Clinic Services	Public Health
Behavioral Health	Emergency Medical Services	Public Administrator/Public Guardian
	Environmental Health/Animal Services	

*Nationally Accredited for Providing Quality Health Services*

As of August 18, 2020, Monterey County Health Department (MCHD) is no longer providing individualized clearance letters for returning to work following COVID-19 infection or exposure. Employee should obtain a return to work note from their primary care provider or from the facility at which they were diagnosed. Alternatively, employees should self-attest that they meet the Centers for Disease Control and Prevention’s (CDC’s) criteria for returning to work using the form below. Re-testing for individuals known to be positive for COVID-19 is **not** recommended for determining when an employee can return to work.

Sincerely,

Edward L. Moreno, MD, MPH  
Health Officer and Director of Public Health

First responders and healthcare workers should follow their workplace protocol for return to work following exposure to or infection with COVID-19. All other workers should use the following criteria for returning to work following COVID-19 infection:

- Persons with symptoms\* may return to work:
  - 10 days after symptoms first appeared, AND
  - 3 days of improvement in symptoms, AND
  - 24 hours without fever and use of fever-reducing medications.
- Persons without symptoms\* may return to work:
  - 10 days after specimen collection date of first positive COVID-19 laboratory test.

Workers should use the following criteria for returning to work following exposure to COVID-19 (contact with a case):

- Persons without symptoms\* and a negative or no COVID-19 test result may return to work:
  - 14 days after last exposure to infectious person.

I, \_\_\_\_\_, verify that I have met the CDC’s criteria as listed above for returning to work.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*\*Symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing, fever or chills, muscle or body aches, vomiting, diarrhea, headache, and new loss of taste or smell.*