

Date: July 29, 2020

To: Placer County Employers

From: Dr. Aimee Sisson, Placer County Health Officer

Subject: Negative Test Not Needed to Return to Work After COVID-19

It has been brought to my attention that many employers in Placer County are requiring employees who have been out sick with COVID-19 to provide proof of a negative test before allowing the employee to return to work. This practice is unnecessary and is an inappropriate use of limited testing resources.

A person infected with the SARS-CoV-2 virus that causes COVID-19 does not need to be retested after their initial positive test. Instead, following guidelines from the Centers for Disease Control and Prevention (CDC), someone with COVID-19 can return to work using criteria based on time and symptoms.

If the infected person had symptoms, they can return to work when ALL of the following criteria are met:

- At least 10 days have passed since their symptoms started AND
- **At least 24 hours** have passed since they last had a fever (without taking antifever medication) AND
- Their symptoms are improving.

If the infected person did not have symptoms, they can return to work once 10 days have passed since their positive specimen was collected.

Testing resources are limited and must be reserved for diagnosing new infections. Employers should neither ask for nor require a COVID-positive employee to provide documentation of a negative test before returning to work. Thank you in advance for helping to keep testing available for those who need it most.

A handwritten signature in blue ink, appearing to read "Aimee Sisson".

Aimee Sisson, MD, MPH  
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Placer County  
Health and Human Services Department