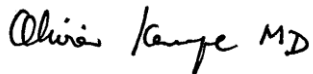


To Whom It May Concern:

Sacramento County Public Health (SCPH) is no longer providing individualized clearance letters for returning to work following COVID-19 infection as of August 2020. Employees should self-attest that they meet criteria for returning to work using this form.

Sincerely,



Olivia Kasirye, MD, MS
Public Health Officer

First responders and healthcare workers should follow their workplace protocol for return to work and refer to [AFL 21-08.8](#)

All other workers should use the following criteria for returning to work following COVID-19 infection, regardless of vaccination status, previous infection or lack of symptoms:

- Persons should **stay home** for at least 5 days.
- Isolation can end after day 5 if symptoms are not present or symptoms are resolving **and** a diagnostic specimen* collected on day 5 or later tests negative. **Antigen test preferred*
- If unable to test or they are choosing not to test, or testing positive on Day 5 (or later) , isolation can end after day 10 if fever-free for 24 hours without the use of fever-reducing medications.
- If fever is present, isolation should continue until 24 hours after fever resolves.
- If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- Per [CDPH masking guidance](#), infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

I, _____, verify that I meet the Sacramento County Public Health Criteria for returning to work by completing the recommended isolation period.

Signature

Date