

## **Return to Work Guidance**

Lakeland Regional Health is committed to providing quality care and guidance for patients with confirmed or suspected infection with the COVID-19 virus.

We understand your workplace may have its own rules regarding return to work, including the need to receive clearance from a doctor. It is important to have a discussion with your employer to know exactly what is required. Some employers may allow you to return without having received your test results if you meet certain criteria, like how many days it has been since you had symptoms or were around someone with COVID-19.

The Centers for Disease Control and Prevention (CDC) website is a great resource and provides important recommendations for a safe return to the workplace and community for those impacted by COVID-19. Please visit the Centers for Disease Control and Prevention website below and share it with your provider and employer as it provides detailed, up-to-date information about returning to work and the community.

### **When You Can be Around Others after You Had or Likely Had COVID-19**

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html).

While we find the CDC guidance to be sensible and safe, this guidance should not serve as a substitute for the personal healthcare instructions you receive from your own healthcare provider.