



For people who work in restaurants and other businesses

Guidance for Return to Work

If you have been exposed to COVID-19:

If you are **not ill**:



- Monitor yourself for symptoms (fever, cough, and shortness of breath)
- Quarantine at home for 14 days after the date of exposure, or until your health care provider or public health tells you.
- You may return to work after being symptom-free for 14 days or when your provider or public health tells you.

If you are **ill**:



- Talk to your healthcare provider about being tested for COVID-19, or visit coronavirus.utah.gov/testing-locations/
- Isolate at home until you are better and one of the following has passed, whichever is longer:
 - 7 days after you first felt ill
 - 3 days after you no longer have a fever without the aid of fever-reducing medication