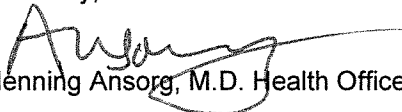




To Whom It May Concern:

Effective August 14, 2020, Santa Barbara County Public Health Department will no longer provide individualized clearance letters for persons returning to work following COVID-19 infection. Employees are requested to self-attest that they meet return to work criteria listed below.

Sincerely,


Henning Ansorg, M.D. Health Officer

Workers should use the following criteria for returning to work following COVID-19 infection:

Isolation

If you had symptoms, you must stay home until:

- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) AND
- Your respiratory symptoms have improved (for example, cough or shortness of breath) AND
- At least 10 days have passed since your symptoms first appeared. **If your symptoms persist, you should remain in isolation for 14 days.**

If you tested positive for COVID-19 but never had any symptoms:

- You must stay home for 10 days after the test was taken
- If you develop symptoms, you need to follow the instructions above.

Quarantine

- You **must** quarantine for 10 days from your last exposure date to a positive case.
- For essential workers (e.g., Food and Agriculture, Health Care, First Responders), you may continue to work as long as you do not have:
 - COVID-19 symptoms
 - Monitor temperature and symptoms before work
 - Wear a face covering during all hours of work and at all times when out of your home
 - Maintain social distancing of 6 ft.
 - No carpool, no public transportation for duration of quarantine

I, _____, verify that I have met the Santa Barbara County Public Health criteria listed above for returning to work.

Signature

Date

First responders and healthcare workers should follow their workplace protocol for return to work.