

To Whom It May Concern:

Sacramento County Public Health (SCPH) is no longer providing individualized clearance letters for returning to work following COVID-19 exposure 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 asymptomatic persons who are exposed to someone with COVID-19 – [California Department of Public Health](#) (CDPH) recommends to test within 3-5 days after last exposure. Individuals should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease. Persons are encouraged to be vaccinated and up to date with boosters. If symptoms do develop, individuals should test and stay home. In the event test result is positive, follow CDPH [isolation recommendations](#).

Persons who share a residence (house, apartment, condo, or other living space) with someone who has been diagnosed with COVID-19 are at increased risk of becoming infected due to ongoing exposure associated with residing together. They should attempt to minimize contact with the COVID-19 infected person within the home, if feasible.

For individuals who work in high-risk settings who are unvaccinated, OR incompletely vaccinated; AND not infected with SARS-CoV-2 within the prior 90 days, it is recommended for staff: (a) be excluded from work for at least 5 days, after last exposure, (b) work exclusion can end after day 5 if symptoms are not present **and** a diagnostic specimen collected on day 5 or later tests negative (c) if unable to test or choosing not to test, and symptoms are not present, work exclusion can end after day 10 (d) comply with CDPH masking guidance (i.e., universal masking and, in some cases, where surgical masks or higher filtration respirators may be required), (e) if symptoms develop, stay home and test as soon as possible; AND (f) if test result is positive, follow isolation recommendations. Additionally, it is strongly encouraged for staff to get vaccinated or boosted if they are not up to date with their COVID-19 vaccinations.

Recommendations for residents of high-risk settings: (a) quarantine for at least 5 days after last exposure, (b) quarantine can end after Day 5 if symptoms are not present

and a diagnostic specimen collected on Day 5 or later tests negative, (c) if unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10 (d) comply with CDPH masking guidance (i.e., universal masking and, in some cases, where surgical masks or higher filtration respirators may be required)(e) if symptoms develop, stay home and test as soon as possible; AND if test result is positive, follow isolation recommendations above. Additionally, it is strongly encouraged for residents to be up to date with their COVID-19 vaccinations.

Per CDPH, high-risk settings include: [emergency shelters](#) and [cooling and heating centers](#), [healthcare settings](#) (applies to all healthcare settings not covered by AFL 21.08.8), local [correctional facilities and detention centers](#), [homeless shelters](#), [long term care settings and adult and senior care facilities](#)

CDPH recommends that while not excluded from work, vaccinated and boosted healthcare personnel working in high-risk settings test immediately upon notification of exposure, and at 3-5 days.

I, _____, verify that I meet the Sacramento County Public Health Criteria for returning to work by completing the recommended quarantine period or have been fully vaccinated.

Signature

Date

**Symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing.*