

When can I return to work/school?

COVID-19 is not going away entirely, and we have to manage the risks of catching it.

Here are some things to consider when we plan to go back to work or school:

If you do not have COVID-19, think about:



1. Community prevalence

- Is the **infection rate** in your community **high right now**?
 - If yes, you can wait for it to decrease before you go outside.
- We are not talking about historical info, but the data at the moment

2. Capacity for infection prevention

- Can your coworkers or classmates put on **masks** properly, practise **social distancing**, and **wash your hands** frequently, so that you protect one another?
- It is much harder for toddlers than for older children to practise good hygiene.

3. Personal risk for severe infection

- Researchers do not know which (if any) types of **immune deficiencies** are associated with increased risks of COVID-19.

Source: [May 29 COVID-19 update video](#) from the Immune Deficiency Foundation Physician Advisory Board.

If you have/had COVID-19 symptoms or were tested positive for COVID-19:

[CDC recommends](#) that you **stay home from work until one of these two scenarios happen**:

- At least 3 days (72 hours) since (1) fever stopped even without meds **AND** (2) symptoms (e.g. cough and shortness of breath) got better; **AND**
- At least 10 days have passed since symptoms first appeared

OR

- Fever stopped even without meds; **AND**
- Symptoms (e.g. cough and shortness of breath) got better, **AND**
- Negative results of RNA test (RT-PCR)
 - Need at least two consecutive negative test results at least 24 hours apart

Remember these points when you look at test results

- Antibody test results **should not** determine if someone can return to work or gather socially because having antibodies does not necessarily mean the person is immune to COVID-19.
- Testing positive in the RNA test (RT-PCR) does not always mean the person is still infectious. The test may simply have detected the pieces of RNA left behind by viruses that are disabled or dead.

Please contact the [Immunodeficiency Foundation \(IDF\)](#) if you have an immunodeficiency and you catch COVID-19. This lets researchers gather data to understand the risks of COVID-19 in people with immunodeficiencies.