



Dear _____ :

The Pennsylvania Department of Health (DOH) considers the health and well-being of students and staff a priority. With that in mind, we are sending this letter to you with information on how to [isolate](#) and when to safely return to work because you tested positive for COVID-19 and/or are now symptomatic after having close contact with someone who has COVID-19.

Because you are either experiencing COVID-19 symptoms or have tested positive for COVID-19 (regardless of symptoms), you should follow federal Centers for Disease Control and Prevention (CDC) guidance by:

- Staying home from work/school and other settings, including all extra-curricular activities, for 10 days starting the day after their symptoms started, or if you do not have symptoms, 10 days starting the day after the date of their positive test, using the date the test was collected. **You can return to work/school on _____.**
- Remaining at home, separated from other people as much as possible, even if they do not have symptoms. It is important for a staff member in isolation to remain at home. People can spread SARS-CoV-2, the virus that causes COVID-19, for a full 10 days from when they get infected, even if they don't have symptoms or are feeling better. More specific information on the duration of isolation is provided in this [overview of isolation](#).
- Someone with COVID-19 should not attend in-person work/school or other extra-curricular or social activities while they are in isolation. They also should not participate in activities like sporting events, parties, social and family gatherings, music or theater performances, and other events where they may come into contact with other people.
- Making every effort to limit contact with other people, including other household members, during the isolation period. Even if the person in isolation is wearing a mask, contact with other people should be limited.
- Designating one person in the household to be the primary caregiver during this time and ensuring the caregiver wears a mask.
- Monitoring your [symptoms](#). If you develop an [emergency warning sign](#), seek emergency medical care immediately. Emergency warning signs include trouble breathing; persistent pain or pressure in the chest; new confusion; the inability to wake up or stay awake; and pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone).
- Avoiding contact with other members of the household and pets by staying in a separate room and using a separate bathroom if possible.
- Avoiding sharing personal household items, like cups, towels, and utensils.
- Wearing a mask when around other people, including others within their household.

If you require a caregiver, please consult CDC's advice on [caring for someone sick](#) to protect the caregiver and others.

A person diagnosed with COVID-19 can be around others when:



- At least 10 days have passed since their symptoms began or since the date of their initial positive test (use the date the test was collected) if they did not develop symptoms;
and
- If they had a fever, at least 24 hours have passed since the resolution of their fever without the use of fever-reducing medications;
and
- Other symptoms have improved.*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.*

These recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). Consult with a healthcare provider for their recommendations.

In addition, we encourage you to visit [COVID-19 in Pennsylvania](#) for additional information about COVID-19 in your community. CDC's website also provides information about COVID-19, including an overview of isolation as it relates to the K-12 school setting at: [Overview of COVID-19 Isolation for K-12 Schools](#).

You are welcome to contact DOH with questions and concerns at 1-877-PA-HEALTH. You also may contact the school at _____ or _____ or visit their website at _____ for school specific updates.

Please be assured that we are committed to facilitating an optimal learning experience and ensuring the safety of all Pennsylvanians.

Sincerely,

The Pennsylvania Department of Health