

To Whom It May Concern,

The Colorado Department of Public Health and Environment (CDPHE) recommendation for **people who have tested positive** for Novel Coronavirus-19 is NOT to retest. The recommendation is to self-quarantine for 10 days from the positive test and return to work when 10 days of quarantine has been completed AND when free of fever and other upper respiratory symptoms for 3 days, without using medications.

Those **who have been exposed** to positive Coronavirus-19 individuals do not necessarily need testing either. They need to quarantine for 14 days from the last exposure and monitor for symptoms. If they develop symptoms, they may be tested AND must quarantine for 10 days from the onset of symptoms. After completing 10 days of quarantine AND when free of fever and other upper respiratory symptoms for 3 days, without using medications, then they may return to work.

In an effort to decrease burden on the State Laboratory, we are asking employers to adhere to these recommendation rather than requiring a test of clearance for employees to return to work. If there is an exception in the case of your employee, or if this conflicts with your office policy, please contact us.

Thank you,

**The Staff at Sheridan Health Services**  
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