



Community Colleges of Spokane

COVID-19 Return to School/Work Checklist

Please use this checklist to help decide when someone who has tested positive for COVID-19 or has been exposed or potentially exposed to COVID-19 can return to on site school or work. Please review all five scenarios below to determine which one applies in each case. **The student or employee may return on site only if they meet the return criteria for their scenario.**

The Spokane Regional Health District has created [this list](#) of low and no cost COVID-19 testing resources in Spokane. For CCS sites located outside of Spokane County, please [click here](#) for testing resources. Employees and students can call the Spokane Regional Health District at (509) 324-1409 to request a medical clearance letter.

Important Note: A negative test result is not by itself enough to authorize return to on-site school or work since the Spokane Regional Health District [recommends](#) a time-based return strategy. A time-based return strategy means the science supports that a person is no longer able to spread illness to others after certain time intervals have passed.

Scenarios:

1. Did they test positive for COVID-19?

- If yes, did they have [symptoms](#)?
 - If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.
 - If no, has it been at least 14 days since they received their positive test?
 - If yes, they may return.

2. Did they have any symptoms of COVID-19?

- If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.

3. Were they instructed to quarantine because they had close contact with someone who has COVID-19?

- If yes, did they ever have symptoms after the exposure?
 - If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.
- If no, has it been at least 14 days since they had close contact with the person who has COVID-19?
 - If yes, they may return.

Fully vaccinated individuals do not need to quarantine if at least two weeks have passed since their final dose and they do not have any symptoms.

4. Did they have close contact with someone who has COVID-19?

- If yes, did they ever have symptoms after the exposure?
 - If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.
 - If no, has it been at least 14 days since they had close contact with the person who has COVID-19?
 - If yes, they may return.

Fully vaccinated individuals do not need to quarantine if at least two weeks have passed since their final dose and they do not have any symptoms.

5. Do they live with someone who tested positive for COVID-19?

- If yes, were they able to isolate from them (stay in different rooms the whole time) while the household member had COVID-19?
 - If yes, did they ever have symptoms?
 - If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.
 - If no, has it been at least 14 days since they were last in the same room as the person who tested positive?
 - If yes, did they ever have symptoms?
 - If yes, has it been at least 10 days since their symptoms began?

- If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, have all their other symptoms gone away?
 - If yes, they may return.
- If no, have they quarantined for at least 24 days?
 - If yes, did they ever have symptoms?
 - If yes, has it been at least 10 days since their symptoms began?
 - If yes, have they been fever free for at least 24 hours without using fever-reducing medications?
 - If yes, they may return.
 - If no, they may return.

Fully vaccinated individuals do not need to quarantine if at least two weeks have passed since their final dose and they do not have any symptoms.