

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Ron DeSantis**  
Governor

**Joseph A. Ladapo, MD, PhD**  
State Surgeon General

**Vision:** To be the **Healthiest State** in the Nation

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## COVID-19 Guidance

February 24, 2022

### Florida Department of Health COVID-19 Guidance Recommendations

- 1) If you **test positive** for COVID-19 and are **symptomatic**:
  - Stay home and away from others for five (5) days from the date your symptoms began.
  - You can return to work on day 6 if you are fever-free for 24 hours and your symptoms are improving.
  
- 2) If you **test positive** for COVID-19 and are **asymptomatic**:
  - Stay home and away from others for five (5) days from the date of your positive test.
  - You can return to work on day 6 if you are fever-free for 24 hours and your symptoms, if any develop, are improving.
  - Day 0 = the date of a positive test if you are asymptomatic.
  
- 3) If you were **exposed** to someone who tested positive for COVID-19:
  - If symptoms of COVID-19 develop, stay home.
  - If asymptomatic, you do not need to quarantine, however, continue to monitor for symptoms of COVID-19 for 10 days after exposure.
  - Exposure = within 6 feet for more than 15 minutes within 24 hours.
    - Follow the guidance above if you test positive or have symptoms of COVID-19.
  
- 4) Unlike [CDC guidance](#), this guidance **does not** rely on wearing facial coverings in a community setting.
  - There is not [strong evidence](#) that facial coverings reduce the transmission of respiratory viruses.
  - Businesses are advised **to no longer require** facial coverings for employees, as there is no proven significant clinical benefit for facial coverings among the general population.
  
- 5) This guidance does not preclude **properly trained individuals, for example, nurses and doctors**, from using personal protective equipment when required by an employer, notwithstanding Section 381.00317, Florida Statutes.

Sources:

[Transmission of SARS-CoV-2: A Review of Viral, Host, and Environmental Factors | Annals of Internal Medicine \(acpjournals.org\)](#)

[Contact Tracing Assessment of COVID-19 Transmission Dynamics in Taiwan and Risk at Different Exposure Periods Before and After Symptom Onset | Global Health | JAMA Internal Medicine | JAMA Network](#)

[Early signals of significantly increased vaccine breakthrough, decreased hospitalization rates, and less severe disease in patients with COVID-19 caused by the Omicron variant of SARS-CoV-2 in Houston, Texas | medRxiv](#)

[Mitigating isolation \(medrxiv.org\)](#)

[Predictors of mental health during the Covid-19 pandemic in the US: Role of economic concerns, health worries and social distancing \(plos.org\)](#)