



Isolation and Quarantine Steps

You may test for COVID- 19 for numerous reasons. You may have symptoms of possible infection, you may have been in close contact of someone with COVID-19, or because you are in a job that recommends or requires testing. Either way the information below will determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

What to do while you are waiting for test results:

If you have any ***COVID-19 symptoms**, then follow the Isolation Steps while you are waiting for results.

****COVID-19 symptoms include:***

- Fever, Chills, or Repeated Shaking/Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

If you have no symptoms but were in ****close contact** of a person with COVID-19, then follow the Quarantine Steps while you are waiting for your test results:

Close Contact is considered:

- Lived or stayed overnight with you
- Was your intimate partner
- Took care of you or you took care of them
- Stayed within 6 feet of you for more than 10 minutes while they were not wearing a face mask
- Exposed you to direct contact with their body fluids or secretions (e.g., coughed or sneezed on you) while you were not wearing a face mask, gown, and gloves

If you do not have ***COVID-19** symptoms, and were not in ****close contact**, you do not need to follow Isolation or Quarantine Steps.

If you are experiencing any symptoms and were in close contact it is recommended you get tested AND follow Isolation or Quarantine Steps until you receive the results or complete your 14 days of isolation.



What to do after you get your test results:

If you test **positive**, follow the Isolation Steps provided in this informative piece.

If you test **negative** OR:

1. You were NOT in ****close contact** and have no ***COVID-19** symptoms you **CAN** resume your regular activities.
2. You were in ****close contact** of a COVID-19 positive person continue to follow the Quarantine Steps.
3. You were NOT in ****close contact** but have ***COVID-19** symptoms →
 - If your healthcare provider thinks you have COVID-19, continue to follow the Isolation Steps.
 - If you are in ****close contact** with a *****vulnerable person**, you should consider remaining in isolation for the entire isolation period, as described in Isolation Steps.
 - Otherwise, follow Isolation Steps until your fever has been gone without taking fever-lowering medication and your symptoms have been improving, both for 72 hours.

A vulnerable person is someone who is:

- Age 60 years or older
- Staying in a nursing home or long-term care facility
- Has asthma (moderate-to-severe)
- Has chronic lung disease
- Has diabetes (type 1, type 2, or gestational)
- Has serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension)
- Has high blood pressure
- Has chronic kidney disease being treated with dialysis
- Has severe obesity (body mass index of 40 or greater)
- Has chronic liver disease
- Immunocompromised (including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medication)



Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

	ISOLATION	QUARANTINE
What is?	<p>Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected.</p> <p>People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).</p>	<p>Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.</p> <p>People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.</p>
Who Needs to?	<p>People who have COVID-19:</p> <ul style="list-style-type: none"> • People who have symptoms of COVID-19 and are able to recover at home • People who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2 	<p>People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.</p> <ul style="list-style-type: none"> • People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms. • What counts as ***close contact? <p>Please see Red Informative box on Page one.</p>
Steps to Take	<p>Stay home except to get medical care</p> <ul style="list-style-type: none"> • Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately • Stay in a separate room from other household members, if possible • Use a separate bathroom, if possible • Avoid contact with other members of the household and pets • Don't share personal household items, like cups, towels, and utensils • Wear a mask when around other people, if you are able to 	<p>Stay home and monitor your health</p> <ul style="list-style-type: none"> • Stay home for 14 days after your last contact with a person who has COVID-19 • Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 • If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
Exceptions	<p>What if you can't separate yourself from others?</p> <ul style="list-style-type: none"> • Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 full days after the last day that person had close contact with you, or from the date that your isolation ends. <p>Which groups do not have to self-isolate?</p> <ul style="list-style-type: none"> • Minor children and individuals with special needs who require specialized care 	<p>Which groups do not have to quarantine?</p> <ul style="list-style-type: none"> • Minor children and individuals with special needs who require specialized care • Essential COVID-19 Response Workers* (check employer's policy; try to follow Home Quarantine Steps while not at work) • Energy • Child care • Water and wastewater. • Agriculture and food production. • Critical retail (i.e. grocery stores, hardware stores, mechanics). • Critical trades (construction workers, electricians, plumbers, etc.). • Transportation. • Nonprofits and social service organizations. Trilogy

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html

Restrictions and Information that Apply to BOTH Home Isolation and Home Quarantine

- Stay home except to seek medical care. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Separate yourself from others in your home, especially people who are at higher risk of serious illness.
- Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home.
- Limit your contact with pets.

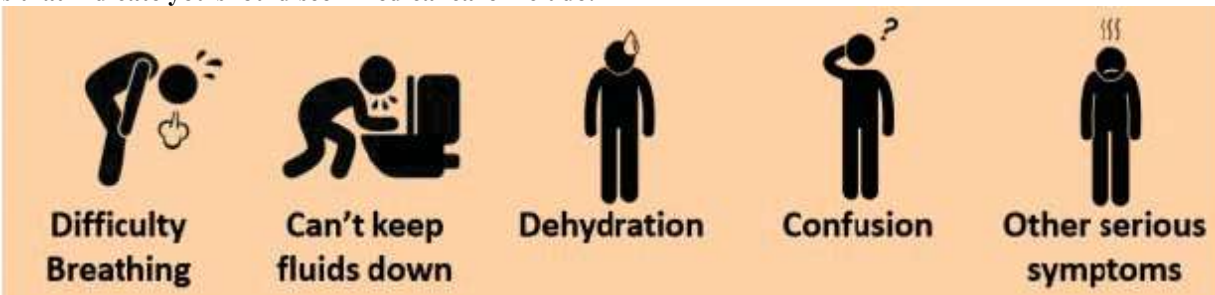
Prevent the spread:

- Wear a face covering or mask if you are in the same room with others. If you are unable to wear a face covering or mask, others should wear a face covering or mask if they share or enter the room.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve – not into your hands -- then throw away the tissue into a lined trashcan and immediately wash hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Do not share household items such as dishes, cups, utensils, towels, bedding with other people. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all “high-touch” surfaces every day (including counters, tabletops, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards), and especially any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. More info: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Practice home care:

- Rest and drink plenty of fluids. You may take acetaminophen (Tylenol®) to reduce fever and pain.
- Do not give children younger than age 2 years any medications without first checking with a doctor.
- Note that medicines do not “cure” COVID-19 and do not stop you from spreading the virus.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.

Symptoms that indicate you should seek medical care include:



If possible, call ahead before going to your doctor’s office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.

- Do not wait in any waiting rooms and do wear a face covering or mask at all times if possible.
- Do not use public transportation.
- If you call 911, first notify the dispatch and paramedics that you are under isolation for COVID-19.