

COVID-19: NOW WHAT?

Quarantine or Isolation: What's the difference?

QUARANTINE keeps someone who might have been exposed to the virus away from others.

ISOLATION keeps someone who is infected with the virus away from others, even in their home.

WHO NEEDS TO ISOLATE?

- People who have symptoms and tested positive for COVID-19.
- People who have COVID-19 symptoms.
- People who have no symptoms, but have tested positive.

STEPS TO TAKE WHEN ISOLATING AT HOME

- Stay home except to get medical care.
- Monitor your symptoms.
- If you have any emergency signs, such as trouble breathing, bluish lips or face, inability to wake or stay awake, oxygen level below 88, persistent pain or pressure in chest, 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.



I TESTED POSITIVE FOR COVID-19 AND HAD SYMPTOMS. WHEN CAN I END ISOLATION?

You can be off isolation when the following criteria have been met:

- At least 10 days since symptoms first appeared **AND**
- At least 24 hours with no fever without fever-reducing medication **AND**
- Other symptoms of COVID-19 are improving**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

I TESTED POSITIVE FOR COVID-19 BUT HAD NO SYMPTOMS. WHEN CAN I END ISOLATION?

If you continue to have no symptoms, you can be with others after:

10 days have passed since the date you had your positive test. If you develop symptoms after testing positive, follow the guidance above for someone who has symptoms.

WHO NEEDS TO QUARANTINE?

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.

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?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

HOW LONG DO I NEED TO QUARANTINE?

The 14 days of isolation is still best practice and is the safest way to avoid spreading this virus, but if that is going to provide a hardship to your family or employer there are the following options:

Non-Testing Strategy: Quarantine can end after Day 10 without testing and no symptoms have been reported during daily monitoring.

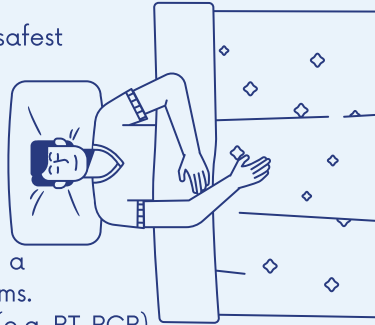
Testing Strategy: Quarantine can end after Day 7 with a negative PCR test (not an antigen test) and no symptoms.

- Testing must be a molecular amplification method (e.g. RT-PCR).
- The specimen can be collected no sooner than Day 5 of isolation.
- Quarantine period can end only after the negative test result is available, but no earlier than Day 7.

Regardless of strategy, symptom monitoring, masking, hand hygiene, and physical distancing must continue through Day 14 after exposure.

If at any time an individual develops symptoms during their 14 days after their exposure to an individual who tested positive, they should isolate and seek testing. Testing site locations can be found at www.siphidaho.org.

The new quarantine strategies do not apply to those living in congregate living settings, such as, long-term care facilities, correctional institutions, group homes, or rehabilitation facilities. Healthcare workers should continue following CDC Interim Guidance.



FOR MORE INFORMATION...

- Call Southeastern Idaho Public Health's COVID Hotline at 208.234.5875
- Visit siphidaho.org