COVID-19 Positive
Patient Instructions

You have COVID-19. What you are required to do:

1

ISOLATE YOURSELF

You must isolate yourself (stay in your home or another residence) <u>away from other household members</u> until you are no longer at risk for spreading COVID-19 to others. You may not leave your place of isolation or enter any other public or private place, except to receive necessary medical care. **You are required to self-isolate because you can easily spread COVID-19 to others. You must follow these recommendations even if you have received the COVID-19 vaccine.**

<u>**DURATION OF SELF-ISOLATION:**</u>
- If you tested positive for COVID-19 and <u>HAVE SYMPTOMS</u>, you must isolate yourself until:
    At least 10 days have passed since your symptoms first appeared **AND**
    At least 24 hours have passed since you have been fever-free without use of fever reducing medications **AND**
    Your symptoms have improved
        If you have a weakened immune system (immunocompromised) due to a health condition or medication OR you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), you need to consult with your healthcare provider as you may need to isolate for longer than 10 days.

- If you tested positive for COVID-19 but <u>DO NOT have symptoms</u>, you must isolate yourself until:
    At least 10 days have passed after your first positive diagnostic test was taken
        If you develop symptoms while you are isolated, you must follow the instructions listed above for individuals with COVID-19 symptoms who test positive.

You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appear until your home isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test. Symptoms may include new loss of taste or smell, fever, cough, difficulty breathing, sore throat, headache, nausea/vomiting, or body aches.

<u>**SELF-ISOLATION DETAILS:**</u>
- You must stay home and separate yourself from others until your home isolation ends.
- Stay away from all household members.
- ***Anyone who continues to be in close contact with you will need to stay in quarantine for longer.***
- Use a separate bathroom. If this is not possible, disinfect the bathroom after use.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines to help you feel better.
- Open windows in shared spaces in the home.
- If you need to be around other people or animals in or outside your home, wear a mask. It must be over your nose and mouth. Note, masks should not be worn on children under the age of 2, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.
- Do not allow non-essential visitors.
- Do not handle pets or other animals.
- Do not go to work, school, or public areas.
- If you must leave home to get essential medical care, drive yourself, if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, (e.g. sit in the back seat), leave the windows down, and wear a mask, if possible. Be sure you call ahead before you get medical care and inform them that you have COVID-19.
- If someone from outside your household is shopping for you, ask them to leave the food and supplies at your door, if possible. Pick them up after the person has left.

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You have COVID-19. What you are required to do:

2 **TELL YOUR <u>CLOSE CONTACTS</u> THEY NEED TO SELF-QUARANTINE**

If you have a positive diagnostic test result, you MUST notify ALL of your close contacts, as defined below, that they are required to quarantine (stay in their home or another residence). This is because they have been exposed to COVID-19 and if infected, can easily spread it to others, even if they have no symptoms. While self-quarantined, your contacts may not leave their place of quarantine or enter public or private places, except to receive necessary medical care.

You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appear until your home isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test. Symptoms may include new loss of taste or smell, fever, cough, difficulty breathing, sore throat, headache, nausea/vomiting, or body aches.

A "close contact" is any of the following people who were exposed to you while you were infectious**:

<u>DEFINITION OF A CLOSE CONTACT:</u>
- All members of your immediate household/residential setting.
- Any person who was within 6 feet of you for more than 15 consecutive minutes. *See Special Notes Below****
- Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.
- If you work or study in a setting where you could have gotten COVID-19 or passed it on to others, please tell your workplace or school so that they can advise others to test and/or quarantine as needed.

> ****<u>SPECIAL NOTES:</u> Close contacts who are not members of your immediate household/residential setting do NOT need to quarantine <u>IF</u> an approved face covering was worn consistently and correctly by BOTH the positive case and the close contacts. An 'approved face covering' is a 2-layer face covering. 'Consistently worn' means the face covering was worn the ENTIRE TIME you were together. 'Correctly worn' means the recommended 2-layer face covering was snug on the face, covering BOTH the nose AND the mouth. These close contacts should self-monitor for symptoms for 14 days after exposure. Face shields and 1-layer gaiters are NOT considered approved face coverings. Quarantine is still required if one or both people were only wearing a face shield or 1-layer gaiter.*

3 **GIVE YOUR <u>CLOSE CONTACTS</u> THE HOME QUARANTINE INSTRUCTIONS**

4 **WATCH FOR WARNING SIGNS THAT YOU NEED TO CONTACT YOUR HEALTHCARE PROVIDER**

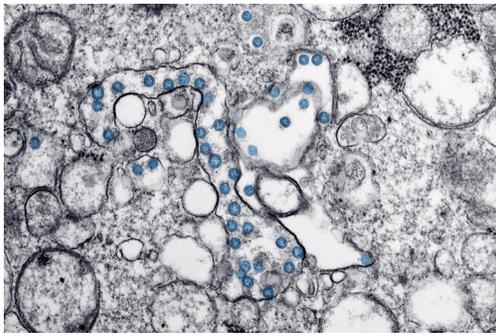**DIFFICULTY BREATHING** **PRESSURE OR CHEST PAIN** **BLUISH LIPS OR FACE** **CONFUSED OR HARD TO WAKE** **OTHER SERIOUS SYMPTOMS**

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COVID-19
Quarantine Instructions

You have been EXPOSED to COVID-19. What you are required to do:

1

QUARANTINE YOURSELF

You must stay home. Separate yourself from others in your household/residential setting. Monitor your health daily. **You are required to quarantine because you could develop COVID-19 due to your exposure. If you're infected, you can easily spread it to others.** You must follow these recommendations even if you have received the COVID-19 vaccine.

Quarantine (staying in your home or another residence) is used to keep someone who has been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease before a person knows they are sick or if they are infected with the virus without feeling symptoms.

DURATION OF QUARANTINE:
- If the infectious person is an immediate household/residential setting member, you must quarantine away from this person(s). If you cannot quarantine from or if you continue to care for the infected person(s), the amount of time you will have to quarantine will be longer. **Contact Delaware County Public Health for detailed guidance in this situation.**
- You must stay in quarantine as noted below because this is how long it can take for signs and symptoms of COVID-19 to develop (incubation period). During this time, you could spread COVID-19, even if you don't have any symptoms or if you only have mild symptoms.
- You must quarantine until you are no longer at risk for spreading COVID-19. Until this time, you may not leave your place of quarantine or enter any other public or private place, except to receive necessary medical care or a test for COVID-19 (which is recommended for close contacts).
- If at any time during your quarantine, you begin having symptoms of COVID-19 such as new loss of taste or smell, fever, cough, difficulty breathing, sore throat, headache, nausea/vomiting or body aches reach out to your healthcare provider for testing (even if you already were tested and the result was negative at that time).

- **FOR HEALTHCARE WORKERS:** Your quarantine can end after Day 14 of your last contact with the infected person if you have no symptoms. A 14-day quarantine period maximally reduces post-quarantine transmission risk. 14 Days of quarantine are necessary considering the nature of your career and the special nature of healthcare settings (e.g. patients at risk for worse outcomes, critical nature of healthcare personnel, challenges with physical distancing). Healthcare personnel is not limited to hospitals, clinic settings, long-term care facilities, nursing homes, etc.

- **FOR NON-HEALTHCARE WORKERS:** Your quarantine can end after Day 7 of your last contact with the infected person **IF** you get tested for COVID-19 no earlier than Day 5 of your quarantine with a negative result and **IF** you have no symptoms.

Example: *Exposed 12/01/20*
          Day 0 is 12/01/20
          Day 1 is 12/02/20
          Day 2 is 12/03/20
          Day 3 is 12/04/20
          Day 4 is 12/05/20
          Day 5 is 12/06/20 (CAN GET TESTED)
          Day 6 is 12/07/20 (CAN GET TESTED)
          Day 7 is 12/08/20 (CAN GET TESTED)
          Day 8 Release Day is 12/09/20 (if you test negative and have no symptoms)

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- **FOR NON-HEALTHCARE WORKERS:** If you choose to not get tested, your quarantine can end <u>after Day 10 of your last contact</u> with the infected person **IF** you have no symptoms.

> *Example:*   *Exposed 12/01/20*
> *Day 0 is 12/01/20*
> *Day 1 is 12/02/20*
> *Day 2 is 12/03/20*
> *Day 3 is 12/04/20*
> *Day 4 is 12/05/20*
> *Day 5 is 12/06/20*
> *Day 6 is 12/07/20*
> *Day 7 is 12/08/20*
> *Day 8 is 12/09/20*
> *Day 9 is 12/10/20*
> *Day 10 is 12/11/20*
> *Day 11 Release Day is 12/12/20 (if you have no symptoms)*

- **FOR NON-HEALTHCARE WORKERS who stop quarantine <u>before Day 14</u>: After stopping quarantine, you MUST continue symptom monitoring and wearing a mask when around others through Day 14. If you begin having symptoms, immediately self-isolate and contact your healthcare provider.**

② IT IS RECOMMENDED YOU GET TESTED FOR COVID-19

Since you were exposed to a positive COVID-19 case, it is recommended you get tested. The test should be done <u>at least 48 hours after you were exposed</u>. Contact your healthcare provider or reach out to Test Iowa at testiowa.com or 844-844-1561.

<u>**TESTING RESULTS**</u>
- If you test positive, you must follow the **COVID-19 Positive Patient Instructions.** (see pages 1-2)
- If you don't get tested for COVID-19, you must continue to quarantine for the full 10 days after your last contact with the infectious person.
- If you got tested before your Day 5 of quaratine and tested negative, you must continue to quarantine. The duration of your quaratine depends upon if you choose to be retested (no earlier than Day 5).
    1) If you choose to NOT be tested again, you must continue to quarantine for the full 10 days after your last contact with the infectious person.
    2) If you choose to be tested again, you should be tested no earlier than Day 5 of quarantine. If you test negative on Day 5 or after, you must continue to quarantine for the full 7 days after your last contact with the infectious person.
- If <u>at any time</u> during your quarantine, you begin having symptoms of COVID-19 such as new loss of taste or smell, fever, cough, difficulty breathing, sore throat, headache, nausea/vomiting or body aches reach out to your healthcare provider for testing (even if you already were tested and the result was negative at that time).
- **FOR NON-HEALTHCARE WORKERS who stop quarantine <u>before Day 14</u>: After stopping quarantine, you MUST continue symptom monitoring and wearing a mask when around others through Day 14. If you begin having symptoms, immediately self-isolate and contact your healthcare provider.**

NOTE: If you have had COVID-19 with a positive laboratory confirmed test in the last 90 days, talk with your healthcare provider about the need to quarantine. In addition, as long as you do not have symptoms, you do not need to get another test for COVID-19. If you do have symptoms of COVID-19 or develop symptoms during your quarantine, consult with your healthcare provider or Delaware County Public Health.

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