

COVID-19 Positive Patient Instructions

These recommendations do NOT apply to healthcare professionals.

You have COVID-19. You are recommended to STAY HOME.

CALCULATING ISOLATION

Day 0 is your first day of symptoms **OR** a positive viral test. **Day 1 is the first full day AFTER your symptoms developed OR your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

<p>IF YOU— regardless of vaccination status:</p> <ul style="list-style-type: none"> • Tested positive for COVID-19 OR • Have symptoms (including people who are awaiting test results or have not been tested) 	<p>Stay home for at least 5 days</p> <p>Stay home for 5 days and isolate from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>Do not travel.</p>	<p>Ending isolation if you HAD symptoms</p> <p>End isolation after 5 full days IF you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.)</p> <p>Ending isolation if you did NOT have symptoms</p> <p>End isolation after at least 5 full days after your positive test.</p> <p>If you were SEVERELY ILL with COVID-19 *</p> <p>You should isolate for at least 10 days. Consult your provider before ending isolation.</p>	<p>Take precautions until Day 10</p> <p>Wear a mask</p> <p>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask (i.e. restaurants, gyms, eating around others at home and work).</p> <p>Do not travel</p> <p>Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.</p> <p>Avoid being around people who are at high risk</p>
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* People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with compromised immune systems might need to isolate at home longer. They may also require testing with a viral test to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with weakened immune systems. Consult your healthcare provider about when you can resume being around other people.

ISOLATION: Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others. People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available.

SYMPTOMS: People with COVID-19 can have a wide range of symptoms – from asymptomatic or mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. This list does not include all possible symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.



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TELL YOUR CLOSE CONTACTS THEY MAY HAVE BEEN EXPOSED

If you have a positive diagnostic test result, you should notify all of your close contacts, as defined below, that they may have been exposed.

DEFINITION OF A CLOSE CONTACT:

- Someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, 3 individual 5-minute exposures for a total of 15 minutes).
- An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date).

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

If someone has any of the following symptoms, they should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Please call your healthcare provider for any other symptoms that are severe or concerning to you or call 911.



**DIFFICULTY
BREATHING**



**PRESSURE
OR CHEST
PAIN**



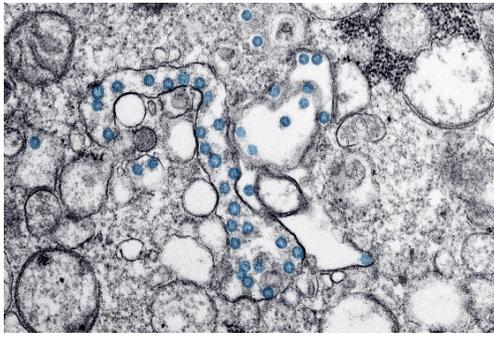
**BLUISH
LIPS OR
FACE**



**CONFUSED
OR HARD
TO WAKE**



**OTHER
SERIOUS
SYMPTOMS**



COVID-19 Exposure Instructions

These recommendations do NOT apply to healthcare professionals.

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

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

Up-to-date on COVID-19 vaccinations means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

<p>IF YOU—</p> <ul style="list-style-type: none"> • Are NOT “up-to-date” on COVID-19 vaccinations 	<p>Quarantine for at least 5 days</p> <p>Stay home Stay home and quarantine for at least 5 full days.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>Do not travel</p> <p>Get tested Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>After quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>Avoid travel It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until Day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>If you must travel during days 6-10, take precautions.</p> <ul style="list-style-type: none"> • Get tested at least 5 days after your last close contact. Make sure your test result is negative and you remain without symptoms before traveling. If you don’t get tested, avoid travel until a full 10 days after your last contact with a person with COVID-19. • Properly wear a well-fitted mask when you are around others for the duration of travel during days 6-10. If you are unable to wear a mask, you should not travel during days 6-10. <p>Avoid being around people who are at high risk</p>
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<p>IF YOU—</p> <ul style="list-style-type: none"> ARE “up-to-date” on COVID-19 vaccinations 	<p>No quarantine You do not need to stay home unless you develop symptoms.</p> <p>Get tested Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>Take precautions if traveling</p> <ul style="list-style-type: none"> Get tested at least 5 days after your last close contact. Make sure your test result is negative and you remain without symptoms before traveling. If you had confirmed COVID-19 within the past 90 days, you do NOT need to get tested, but you should still follow all other recommendations (including if you develop COVID-19 symptoms). If you travel during the 10 days after your last exposure, properly wear a well-fitting mask when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days. <p>Avoid being around people who are at high risk</p>
<p>IF YOU—</p> <ul style="list-style-type: none"> Had confirmed COVID-19 within the past 90 days (you tested positive using a viral test) 	<p>No quarantine You do not need to stay home unless you develop symptoms.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>Take precautions if traveling</p> <ul style="list-style-type: none"> If you travel during the 10 days after your last exposure, properly wear a well-fitting mask when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days. <p>Avoid being around people who are at high risk</p>

HOW TO GET TESTED FOR COVID-19

While at-home test kits provide a convenient option for our community, Delaware County Public Health, Regional Family Health, and Regional Medical Center want to stress that our providers, nurses, and entire healthcare system are here for you. **If you have any questions, concerns, or feel your symptoms are worsening, please make an appointment to see your healthcare provider such as Regional Family Health (563-927-7777).**

RESOURCE	RAPID TEST	COST	HOW TO GET	NOTES
COVIDtests.gov	YES	FREE	<ul style="list-style-type: none"> Order Online at covidtests.gov. 	Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days. Order your RAPID tests now so you have them when you need them.
Test Iowa At-Home Kits	NO	FREE	<ul style="list-style-type: none"> Order Online at testiowa.com. Pick up from Delaware County Public Health at the RMC East Office Building, 613 W. Main St., Manchester. Hours: M-F from 8AM-4PM. 	These saliva based at-home test kits provide detailed instructions on how to collect the saliva sample and return to the State Hygienic Lab.

HOW TO GET VACCINATED FOR COVID-19

The following businesses are administering COVID-19 vaccines:

- **Regional Family Health:** Patients of RFH can request vaccines during appointments. Vaccines are available at the Manchester, Strawberry Point & Winthrop locations. If you do not have an upcoming appointment but would like to receive the vaccine, call Regional Family Health at 563-927-7777.
- **Brehme Drug:** brehmedrug.com 563-927-3509
- **Clayton Drug:** claytondrug.com 563-933-4762
- **Delaware County Public Health:** 563-927-7551
- **Hartig Drug:** hartigdrug.com -- Dyersville 563-875-2552 -- Independence 319-334-7155 -- Monticello 319-465-4906
- **Nightingale Drug:** nightingaledrug.com -- Dyersville 563-875-7455 -- Monticello 319-465-4404
- **Scott Pharmacy:** scottrx.com 563-425-4530
- **Walmart:** walmart.com -- Manchester 563-927-4988 -- Independence 319-334-7131
- **Widner Drug:** widnerdrug.com 563-927-4463
- **CVS Pharmacy:** cvs.com/immunizations/covid-19-vaccine
- **Hy-Vee:** hy-vee.com/my-pharmacy/covid-vaccine
- **Walgreens:** walgreens.com/schedulevaccine 800-WALGREENS (800-925-4733)