

COVID-19 Positive Patient Instructions

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

1

STAY HOME

Persons who test positive for COVID-19 are recommended to stay home until they are no longer infectious.

Persons sick with COVID-19 are considered infectious 48 hours prior to symptom onset until:

- 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. *******

Persons with severe, advanced immunosuppression should stay home longer than 10 days, until:

- Two negative test results in a row, at least 24 hours apart **OR**
- 20 days post symptom onset or date of test.

Persons who tested positive for COVID-19 but did not develop symptoms are considered infectious 48 hours prior to date of specimen collection until:

- 10 days have passed following the date the positive specimen was collected.

SYMPTOMS: People with COVID-19 can have had a wide range of symptoms – from asymptomatic or mild to severe illness. This can 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.

***** Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation**

The above guidance applies to both unvaccinated and vaccinated individuals. **REMINDER: All persons who are experiencing an illness should stay home while they are ill, even if they test negative for COVID-19 or receive an alternative diagnosis.**

2

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

DEFINITION OF A CLOSE CONTACT:

- All members of your immediate household/residential setting.
- Any person who was less than 6 feet away from you for more than 15 consecutive minutes **AND** the positive person, the contact, or both were not wearing a face covering during the interaction. Acceptable face coverings are described in CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



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3

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



**DIFFICULTY
BREATHING**



**PRESSURE
OR CHEST
PAIN**



**BLUISH
LIPS OR
FACE**



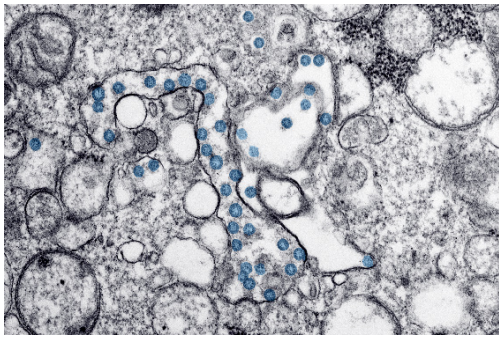
**CONFUSED
OR HARD
TO WAKE**



**OTHER
SERIOUS
SYMPTOMS**



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COVID-19 Exposure Instructions

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

1

ARE YOU FULLY VACCINATED FOR COVID-19?

Vaccinated contacts do not need to stay home, but should monitor for symptoms.

1. Individuals are considered fully vaccinated 14 days after completion of their vaccination series (i.e. 2 weeks after the second dose in a 2-dose series or 2 weeks after a single-dose vaccine).
2. Fully vaccinated people with no COVID-like symptoms do not need to stay home or be tested following an exposure to someone with suspected or confirmed COVID-19. However, fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure.
3. Per the CDC, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
4. Fully vaccinated people who experience COVID-19 symptoms should stay home, be clinically evaluated, and be tested for COVID-19 infection if clinically indicated. Fully vaccinated people should inform their healthcare provider of their vaccination status at the time of presentation to care.

Note: This guidance only applies to individuals who have received vaccines currently authorized for emergency use by FDA (Pfizer-BioNTech, Moderna, Johnson and Johnson (Janssen)) or other vaccines authorized for emergency use by WHO (AstraZeneca/Oxford). For a list of WHO approved COVID-19 vaccines, visit www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines/advice.

2

ARE YOU UNVACCINATED?

Unvaccinated, asymptomatic contacts are advised to stay home to monitor for symptoms.

To help further reduce risk of spreading the virus, unvaccinated persons who are exposed but remain healthy (no symptoms) can be advised to stay home to monitor for symptoms. This approach can help to reduce the risk of spread to other people, especially vulnerable populations.

Individuals exposed to COVID-19 may develop symptoms from 2-14 days after exposure.

However, exposed individuals can reduce the length of time they are recommended to stay home from 14 days via the following options:

- Stay home through Day 10 if no symptoms have developed.
- Stay home through Day 7 if the exposed person tests negative and no symptoms have developed. The specimen must be collected within 48 hours before leaving the home (i.e. not earlier than Day 5).

In all cases, the individual should continue to monitor for symptoms and are recommended to wear a mask when around others through Day 14 in order to minimize risk of spread.



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HAVE YOU TESTED POSITIVE FOR COVID-19 WITHIN THE PAST 3 MONTHS?

Contacts who have tested positive for COVID-19 within the past 3 months do not need to stay home, but should monitor for symptoms.

Persons who have tested positive for COVID-19 within the past 3 months and have met the recovery definition do not need to stay home or be tested following an exposure to someone with suspected or confirmed COVID-19, as long as they do not develop new symptoms. However, they should still self-monitor for symptoms of COVID-19 for 14 days following an exposure.

People who develop COVID-19 symptoms within 3 months of their first COVID-19 infection should stay home, be clinically evaluated, and be tested for COVID-19 infection if clinically indicated. People should inform their healthcare provider of their previous infection at the time of presentation to care. No contact tracing is necessary if symptoms developed within 3 months of first COVID-19 infection.

If a person previously diagnosed with COVID-19 becomes ill with symptoms consistent with COVID-19 or tests positive more than 3 months following the date of symptom onset (or date of test if asymptomatic persons), they should be treated as any other newly positive individual, not taking their previous illness into account for the purposes of public health recommendations.

Note: For the above recommendations, the 3 month timeline begins on the date of symptom onset, or, for asymptomatic individuals, the date of specimen collection.



HOW TO GET TESTED FOR COVID-19

The test should be done at least 48 hours after you were exposed. Contact your healthcare provider or obtain a free at-home test kit. Visit testiowa.com to find locations with free at-home test kits.

Delaware County Public Health have free at-home test kits available at the RMC East Office Building located at 613 West Main Street in Manchester Monday-Friday from 8AM-4PM. You do not need to call ahead.



HOW TO GET VACCINATED FOR COVID-19

The best COVID-19 vaccine is the first one that is available to you. Do not wait for a specific brand. All currently authorized and recommended COVID-19 vaccines are safe, are effective, and reduce your risk of severe illness. CDC does not recommend one vaccine over another. 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
- CVS Pharmacy: cvs.com/immunizations/covid-19-vaccine
- Delaware County Public Health: Holding clinics occasionally. Call 563-927-7551 for information.
- Hartig Drug: hartigdrug.com -- Dyersville 563-875-2552 -- Independence 319-334-7155 -- Monticello 319-465-4906
- Hy-Vee: hy-vee.com/my-pharmacy/covid-vaccine
- Nightingale Drug: nightingaledrug.com -- Dyersville 563-875-7455 -- Monticello 319-465-4404
- Scott Pharmacy: scottrx.com 563-425-4530
- Vaccine Iowa: vaccinate.iowa.gov
- Walgreens: walgreens.com/schedulevaccine 800-WALGREENS (800-925-4733)
- Walmart: walmart.com -- Manchester 563-927-3377 -- Independence 319-334-7128
- Widner Drug: widnerdrug.com 563-927-4463



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