



Public Health
Prevent. Promote. Protect.

Delaware County Public Health

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Regional Medical Center
Administrative Agency

Q&A - UPDATED QUARANTINE GUIDELINES

Question 1: I'm currently in quarantine. With the new guidelines, can I get out early?

Answer: 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 test negative & no symptoms)*

If you choose to not get tested, your quarantine can end after Day 10 without testing 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
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 no symptoms)*

Question 2: I'm in quarantine and do not have any symptoms. Can I get tested locally to get out of quarantine after Day 7?

Answer: Reach out to your healthcare provider to see if they have testing capacity or go to [testiowa.com](https://www.testiowa.com). You should get tested no earlier than Day 5 of your quarantine.

Question 3: I'm on Day 11-13 of my quarantine and have been isolated from the positive, infected person. What do I need to do?

Answer: As long as you have no symptoms, you can return to normal activities immediately.

Question 4: I live with someone who is positive with COVID-19 and I have not isolated away from them in our home. When is my quarantine finished?

Answer: If you are not isolated from the person positive with COVID-19, the positive person has to complete their isolation before your quarantine time period starts.

*Example: The Positive Person's Day 10 of isolation is the Exposed Person's Day 0
Positive Person Day 10 is 12/01/20
Exposed Person Day 0 is 12/01/20
Exposed Person Day 1 is 12/02/20...*

Note: Exposed Person release date will depend upon if they choose to Get Tested or finish out their 10 Day quarantine time frame. See Question 1.

Question 5: Will I be contacted by someone that I can come out of quarantine or can I do it on my own?

Answer: No, you will not be contacted by anyone with Public Health. However, if you have any questions, please contact Delaware County Public Health at 563-927-7551.