

COVID-19 Illness and Quarantine Guidelines

PERSON A



Any person who has tested positive or is presumed to have COVID-19

- ✓ Contact your health care provider or the Health Department

With symptoms:

Isolation until the following requirements have been met:

- ✓ 10 days since symptoms first appeared **and**
- ✓ 24 hours with no fever (without the use of fever-reducing medicine) **and**
- ✓ [Symptoms](#) have improved

Without symptoms (Asymptomatic):

Isolation for 10 days from positive test date:

- ✓ Monitor self for symptoms, take temperature twice a day
- ✓ Released from quarantine after 10 days have passed as long as no symptoms have been present

PERSON B



Any person who lives in the same household with Person A

- ✓ Contact your health care provider or the Health Department

NO symptoms:

- ✓ Monitor self for symptoms, take temperature twice a day
- ✓ Quarantine for 14 days from the last date you had close contact with **Person A**
- ✓ Quarantine can be prolonged depending on exposure/ ability to fully isolate from **Person A**

PERSON C



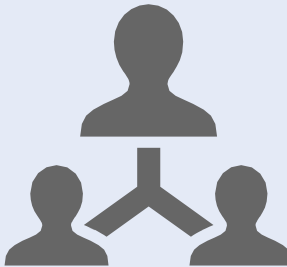
Any person with close contact to Person A (>15 min, < 6 feet)

- ✓ Contact your health care provider or the Health Department

NO symptoms:

- ✓ Monitor self for symptoms, take temperature twice a day
- ✓ Quarantine for 14 days from the last date you had close contact with **Person A**

PERSON D

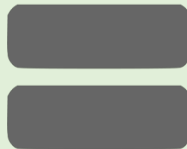


Any person who has had exposure to Person B or C

- ✓ Contact your health care provider or the Health Department if needed

NO symptoms:

- NO quarantine required *unless*:**
Person B or C develops symptoms OR tests positive and **Person D** had close contact with within the last 14 days **then:**
- ✓ Follow instructions for Person C



Recovered and Released

Definitions:

- Isolation** separates infected people with a contagious disease from people who are not sick.
- Quarantine** separates and restricts the movement of people who were exposed to COVID 19 to prevent the spread of disease.
- Close Contact** defined as anyone who was within 6 feet of an infected person for at least 15 minutes, starting from 48 hours before the person began feeling sick until the time the person was isolated.

NOTE: REMEMBER TO DISCUSS PLAN OF CARE AND SYMPTOM MANAGEMENT WITH PRIMARY PROVIDER