

Always monitor for symptoms.

HOW TO DECIDE WHEN TO USE ISOLATION AND QUARANTINE FOR COVID-19 UPDATED 7/30/20

Does person have any of the following **symptoms**?
Sore Throat, Runny Nose, Headache, Fever, Chills, Fatigue, Body Aches, Cough, Shortness of Breath, Diarrhea, Nausea, Vomiting, Loss of Taste/Smell

YES

STAY HOME! Begin **isolation**. Contact your healthcare provider to determine if it is appropriate for you to be **tested**.

NO

Does the person live with anyone who (within the last 14 days) had symptoms of COVID-19 or who tested positive for COVID-19?

NO

Has the person been a **close contact** to someone who has COVID-19 in the last 14 days? (one or more of the following)

- Direct physical contact (hug, kiss, handshake)
- Within 6 feet for total of 15 minutes or more in 24 hour period
- Direct contact with person's respiratory secretions (coughed/sneezed on, contact with dirty tissue, shared drinking glass, shared food/towels/other personal items).
- Stayed overnight for at least one night in a household with the person.

YES

NO

YES

Has the household member been tested for COVID-19 and received results?

NO

While waiting for results, isolate, and treat as positive.

YES

What are the results?

POSITIVE

NEGATIVE

Quarantine for **14 days** after last contact.

Household members of someone who tests positive may need to quarantine for 14 days from sick person's release from isolation.

Note: Negative test result during quarantine does NOT shorten 14 day quarantine if you are a close contact.

Continue normal activities **practicing physical distancing, masking, hand washing, and other precautions**.

Continue monitoring for symptoms.
Return to start of document.

Positive Test Results:

Sick person should be in **isolation** (stay home and separate from others in household until it has been 10 days since symptoms began and 24 hours since symptoms improved without medication).

If unable to separate, household members should be in **quarantine** until 14 days after sick person finishes isolation.

Note: Individuals who get very sick or who are severely immune compromised should wait longer for release from isolation.

Negative Test Results:

Do not return to usual activities until symptoms have improved for at least 24 hours without medication.

QUARANTINE and ISOLATION:

- Stay home
- No visitors
- Do not go to public places

Note: these guidelines may change as recommendations from the CDC or DHS are updated.

