

COVID-19 Case & Close Contact Guidance | Fall/Winter 2020 (rev 12/9/20)

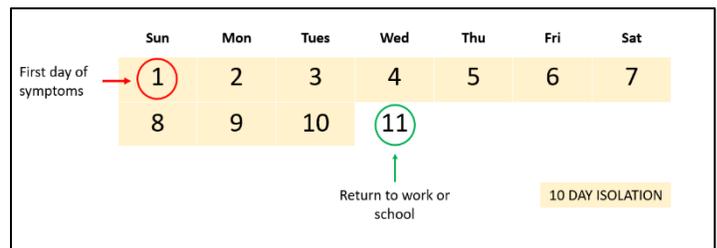
It is the goal of Eastern Idaho Public Health (EIPH) to reduce the spread of COVID in our communities. This is achieved by **isolating (also referred to as quarantining)** people to keep them away from others if they test positive for COVID-19 or had [close contact](#) (generally, within 6 feet of a person who has COVID for a total of 15+ minutes) with a person who has COVID-19.

As more testing is becoming available in our area, some healthcare providers are not aware of the requirement to report positive cases of COVID-19 to EIPH. As a result, it is possible if you test positive, you may NOT receive a follow up call from EIPH. If you have tested positive but have not received instructions (call or text) from EIPH, please visit www.EIPH.Idaho.gov to view video instructions. If you have additional questions, please call 208-533-3219.

ISOLATION OF PERSONS TESTING POSITIVE FOR COVID-19

People in isolation should:

- ✓ Stay home except to go to the doctor.
- ✓ Separate from others in the home or from people coming into the home, especially people who are at a higher risk for getting very sick from COVID.



It is safe to be around others (end isolation) after:

- ✓ 10 days since symptoms first appeared **and**
- ✓ 24 hours with no fever without the use of fever-reducing medications **and**
- ✓ Other symptoms of COVID-19 are improving* (**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*)

ISOLATION OF CLOSE CONTACT OF SOMEONE WITH COVID-19

A [close contact](#) is generally defined as being within 6 feet of a person who has COVID for a total of 15+ minutes during their infectious period. A person with COVID-19 can be contagious 2 days before and 10 days after symptoms start.

People in isolation should:

- ✓ Stay home except to go to the doctor.
- ✓ Separate from others in the home or from people coming into the home, especially people who are at a higher risk for getting very sick from COVID.
- ✓ Monitor their health and see if COVID symptoms develop from 10 days after being exposed to the virus.

COVID symptoms include:

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|---|------------------------------|
| ○ fever or chills | ○ new loss of taste or smell |
| ○ cough | ○ sore throat |
| ○ shortness of breath or difficulty breathing | ○ congestion or runny nose |
| ○ fatigue | ○ nausea and/or vomiting |
| ○ headache | ○ diarrhea |
| ○ muscle or body aches | |

- ✓ Isolation can end when 10 days have passed after the last contact with the person who had COVID-19 and you have not developed any symptoms.

- If you choose to get tested, you can end your isolation in as few as 7 days if you have a **negative** PCR test collected within 48 hours of ending isolation.
- If a person develops symptoms while quarantining, they need to contact their healthcare provider for recommendations on COVID testing. Please do not go to your healthcare provider for testing without first calling ahead for instructions. If a person chooses to get tested for COVID and they are positive (meaning they have COVID), they will be contacted by EIPH and given instruction on what to do next. If a person chooses NOT to seek testing after symptoms appear, please call EIPH at 208-533-3219 for instructions and additional guidance.
- After a laboratory-confirmed COVID illness is resolved, the person who tested positive does not need to isolate or get tested again for up to 3 months since we know some level of immunity to COVID-19 can last 3 months. However, it is always recommended that if a person has symptoms of any kind, they stay home until the symptoms resolve. If COVID-like symptoms are experienced after 3 months from the confirmed illness, it is recommended that you seek testing again.

WHEN TO START AND END ISOLATION

For the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (isolate/quarantine) since symptoms may appear up to 10 days after exposure to the virus. See scenarios below to determine when you can end quarantine and be around others.

<p>Scenario 1: Close contact with someone who has COVID-19 and will not have further close contact</p>	<p>Scenario 2: Live with someone who has COVID-19 and cannot avoid continued close contact</p>
<p>I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).</p> <p>Your last day of quarantine is 10 days from the date you had close contact, or 7 days if you choose to be tested.</p> <p style="text-align: center;">OR</p>	<p>I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct I care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.</p> <p>You should avoid contact with others outside the home while the person is sick, and quarantine for 10 days after the person who has COVID-19 meets the criteria to end home isolation (10 days since symptoms first appeared and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving).</p>

If there are questions not answered by this document, please contact Eastern Idaho Public Health at 208-533-3219 for further guidance.