

General Guidance for COVID-19 Isolation/Quarantine (Updated June 1, 2020)

Status	Individual	Close Contacts	Other Precautions
<ul style="list-style-type: none"> <li>Cough, sore throat, fever or chills, shortness of breath, fatigue, muscle or body aches, new loss of taste or smell, nausea, vomiting, or other <a href="#">COVID-19 symptoms as outlined by the CDC</a>.</li> <li>Not tested or test pending</li> <li>No contact with anyone who tested positive for COVID-19</li> </ul>	<p>Contact your health care provider to see if you should be tested, or wait for testing results.</p> <p>Stay home until 72 hours after fever resolves and symptoms are improving AND 10 days after illness began.</p>	<p>If ill, stay home, contact your healthcare provider to see if you should be tested.</p> <p>If fever-free and no symptoms, free to go about normal activities. However, if you are a household member of someone who is ill with COVID-19 symptoms, SHD asks you to stay home for 14 days <i>unless</i> another cause is found for that person's illness.</p>	<p>No extra measures needed.</p>
<ul style="list-style-type: none"> <li>Cough, sore throat, fever or chills, shortness of breath, fatigue, muscle or body aches, new loss of taste or smell, nausea, vomiting, or other <a href="#">COVID-19 symptoms as outlined by the CDC</a>.</li> <li>Not tested or test pending.</li> <li>Close contact with someone who tested positive for COVID-19</li> </ul> <p><i>(Probable case)</i></p>	<p>Contact your health care provider to see if you should be tested, or wait for testing results.</p> <p>Stay home until 72 hours after fever resolves and symptoms are improving AND 10 days after illness began.</p>	<p>If ill, stay home, contact your healthcare provider to see if you should be tested.</p> <p>Remain quarantined at home for 14 days from the last date exposed for symptom monitoring and/or testing.</p> <p>If you work in health care or are a first responder, please discuss with your employer.</p>	<p>School, child care, workplace or other facility where a confirmed case has been present may need to notify students, staff and families.</p>
<p>Positive test result</p> <p><i>(Confirmed case)</i></p>	<p>Remain isolated at home until 72 hours after fever resolves and symptoms are improving AND 10 days after illness began.</p> <p>If symptoms worsen, call provider for further evaluation. If life threatening emergency, call 911.</p>	<p>Remain quarantined at home for 14 days from the last date exposed for symptom monitoring and/or testing.</p> <p>If you share a household with the confirmed COVID-19 case, you must remain quarantined until 14 days <i>after</i> that person is released from isolation.</p> <p>If you work in health care or are a first responder, please discuss with your employer.</p>	<p>School, child care, workplace or other facility where a confirmed case has been present may need to notify students, staff and families.</p>