QUARANTINE AND ISOLATION GUIDELINES

1) Person with symptoms and a direct contact to a positive
   - Quarantine at home away from other household members.
   - Contact Public Health on next regular business day
   - Public health will determine exposure and quarantine dates
   - Public health will schedule testing
   - If tests is **Negative**, patient will continue quarantine for 14 days from last known contact with the positive. Household is not required to quarantine.

2) Person has direct contact and Positive PCR test:
   - **Has symptoms**: Isolate at home away from other household members for at least 10 days from onset of symptoms.
   - **No symptoms**: Isolate at home away from other household members starting from the date of the test through 10 days.
   - Please note public health will contact you to help determine when you are no longer infectious and can release from isolation.
   - All household members are required to quarantine from date of last exposure. If re-exposure happens the quarantine, date extends.

3) Person with symptoms but no known direct contact:
   - Self-quarantine away from other household members. Other household members are not required to stay home.
   - Seek evaluation with provider or Viral services if necessary
   - If tested and you have a negative result: End quarantine. You can return to normal activities when you start to feel better and no fever >100.4 for 24 hours without medication.

4) Person with symptoms, no known direct contact and not want evaluation:
   - Self-quarantine at home for 10 days from onset of symptoms.
   - You can return to normal activities when you start to feel better and no fever >100.4 for 24 hours without medication.

5) No symptoms and a “contact” to someone that had “contact” to a case:
   - **Example**: Co-workers child is positive or a positive parent of child that plays a team sport with your child. These are contacts of contacts. Exposure only happens with direct contact: within 6’ for 15 minutes with the infected person.
   - No quarantine or testing required
   - Encourage practice of physical distancing, hand washing and masking.
   - Reduce exposures to a minimum by keeping a small circle of contacts and choosing to reduce the number of events attended.