



If I tested positive for COVID-19 with symptoms

You can be around others 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 months and need not delay the end of isolation.)

If I tested positive for COVID-19 without symptoms

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
- If you develop symptoms after testing positive, follow the guidance above.

I am severely ill with COVID-19 or I am immunocompromised

- People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.
- Persons who are severely immunocompromised may require testing to determine when they can be around others.
- Talk to your healthcare provider for more information.

I have been exposed to a person with COVID-19 but I am without symptoms

- Anyone who has had close contact with someone with COVID-19 should stay home and quarantine.
 - The CDC still endorses a quarantine period for 14 days after the last exposure to that person.
 - The CDC has introduced two additional options for how long quarantines should last:
 - 10 days after last exposure if no testing is available.
 - A minimum of 7 days after last exposure if you receive a negative PCR COVID test result, the specimen for which was collected no more than 48 hours prior.
- In the case of a household exposure, you do not need to quarantine if you:
 - Had COVID-19 illness within the previous 3 months **and**
 - Have recovered and remain without COVID-19 symptoms (for example, cough, shortness of breath).
- If the above does not apply, your quarantine period will restart with each new exposure to household members who test positive. This could result in a prolonged quarantine due to multiple members of the same family testing positive sequentially.

Your last day of exposure (and first true day of your quarantine) will be on the 11th day following the test date of the last person in the household to test positive. The CDC offers three options for your quarantine period:

- 14 days from your last day of exposure is the gold standard.
- 10 days from your last day of exposure is now considered acceptable if needed.
- A minimum of 7 days after last exposure if you receive a negative PCR COVID test result, the specimen for which was collected no more than 48 hours prior.

For Healthcare Professionals

If you are a healthcare professional who thinks or knows you have COVID-19, you should follow the same recommendations listed above for when you can resume being around others outside the workplace. When you can return to work depends on different factors and situations. For CDC guidance on when you can return to work, see the following:

Criteria for Return to Work for Healthcare Personnel with SARS-CoV-2 Infection (Interim Guidance)

www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html

For more information from the CDC visit

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html

or call (800) 737-7900 for St. Elizabeth Physicians.