



*Due to the high volume of COVID-19 cases in Lawrence County, we are providing the following instructions to help individuals with personal care and information on how they can reduce the spread of COVID-19 to family, friends and the community. We will make every effort to reach out to you as soon as we can.*

## Home Isolation and Quarantine Instructions

*Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease, or a weakened immune system, you are at a higher risk of more serious illness.*

### **\*\*Notify work and any close contacts you may have exposed\*\***

**(this includes anyone you were around 48 before symptoms started or, if you are asymptomatic, 48 hours before your positive test date.)**



### **HOME ISOLATION: Stay home until you are recovered**

If you test positive or are suspected to have COVID-19, you should self-isolate for at least 10 days after your symptoms start (or 10 days after you were tested if you never had symptoms). **Self-isolate means separating yourself from others in your household.** After you self-isolate and before you can be around others you must meet the following:

- 10 days have passed since symptoms first appeared **and**
- By day 10 you have been fever free for 24 hours (without the use of fever-reducing medications, **and**
- Other symptoms of COVID-19 are improving

If you never develop symptoms, stay home for at least 10 days following the date of your positive test (which is the date the test specimen was collected).

- ✓ People in your home, your intimate partners, and caregivers are considered “close contacts” and should follow the **Home Quarantine Instructions**. Please share this document with them.
- ✓ Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 days from the last day they had close contact with you, or from the date you are released.

## Restrictions and information for both home isolation and quarantine

- ✓ Stay home. Do not go to work, school, or out in public
- ✓ Separate yourself from others in your home. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- ✓ Use a separate bathroom, if available
- ✓ Do not prepare or serve food to others
- ✓ Do not allow visitors into your home
- ✓ Do not use public transportation, ride shares or taxis.
- ✓ Stay home and away from others except to get medical care.
- ✓ Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately and tell them ahead of time you are COVID-19 positive or have been exposed.
- ✓ Avoid contact with other household members and pets.
- ✓ Don't share personal household items, like cups, towels, and utensils.
- ✓ Wear a mask when around other people, if able.



### HOME QUARANTINE: Stay home to see if you develop symptoms

If you live in the same household **or** had close contact with someone diagnosed with or suspected to have COVID-19 you must follow these Home Quarantine steps. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You must stay home so that you do not pass on the virus to anyone else.

- Your 14 day quarantine begins with the last day you were in close contact with the person with COVID-19; you are released from quarantine on day 15 if no symptoms develop.
  - Close contact means that you've been within 6 feet of the person with COVID-19 for a total of 15 minutes or more over a 24 hour period, touched body fluids or secretions without using the appropriate precautions, had physical contact with a positive person, shared eating or drinking utensils or provided care at home to someone who is sick with COVID-19.
  - If you are unable to avoid close contact (**example: a parent or caregiver for a positive child or adult**), your quarantine could last up to 24 days. This includes the 10 days the positive person is contagious, plus, an additional 14 days from your last contact to see if you develop symptoms.

### Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all precautions.

If you are fully vaccinated and you've been around someone who has COVID-19, you do not need to quarantine from others or get tested **unless you have symptoms**. If symptoms develop, get tested and follow the isolation guidelines above.

**CDC continues to endorse quarantine for 14 days;** however, our health department is adopting the CDC's two additional options for how long quarantine should last. For people without symptoms quarantine can end:

- On Day 10 without a test.\*  
**OR,**
- On day 7 (if you are tested on day 7 and receive a negative result).\*

**It is the responsibility of the person in quarantine (not the health department) to provide testing documentation to the employer/school if the 7 day option is used.**

\*If stopping quarantine before 14 days, you **must**:

- Watch for symptoms for the full 14 days after exposure.
- Wear a mask when outside the home for the full 14 days, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.
- If symptoms develop, get tested and immediately self-isolate.

**If the person in quarantine is a child who cannot wear a mask properly and social distance, they should not end quarantine earlier than 14 days. Again, this is 14 days starting from the last time they were exposed to a positive person.**

### ***What if you develop symptoms?***

- If you develop symptoms, you may have COVID-19 and you should follow the **Home Isolation Instructions** and contact your medical provider for testing.
- If you need testing information go to [www.lawrencecohealth.com/coronavirus](http://www.lawrencecohealth.com/coronavirus)

#### **Practice home care**

- Rest, drink plenty of fluids, take acetaminophen (Tylenol®) to reduce fever and pain.
  - Note that children younger than age 2 should not be given any over-the-counter cold medication without first speaking with a doctor
  - Note that medicines do not "cure" COVID-19 and do not stop you from spreading the germs.

- **Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.**

- Symptoms that indicate you should seek medical care include:
  - Difficulty Breathing
  - Chest pain
  - Can't keep fluids down
  - Dehydration
  - Confusion
  - Other serious symptoms
- If possible, call ahead **before** going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
  - **Do not wait in any waiting rooms and wear a facemask at all times if possible.**
  - If you call 911, you must notify the dispatch and paramedics that you are under isolation for COVID-19.
  - **Do not** use public transportation.

**\*DOCUMENTATION FOR EMPLOYERS, ETC.\***

The health department is not required to provide documentation for proof of isolation, quarantine or release. Your test result along with this document can be presented to explain the process. However, if you need documentation, please contact your health care provider, or the health department at 417-466-2201. Your request will be processed in the order it was received.