



# UPDATED COVID-19 ISOLATION and QUARANTINE GUIDANCE

## I TOOK A TEST FOR COVID-19, NOW WHAT?

Individuals tested for COVID-19 due to symptoms or close contact/exposure should quarantine at home until their test results are received.

## IF YOU TEST POSITIVE FOR COVID-19 (Isolate)

Everyone, regardless of vaccination status, should:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.

## IF YOU TEST NEGATIVE FOR COVID-19

You probably were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself and those around you.

**Reminder: All persons who are experiencing an illness should stay home while they are ill, even if they test negative for COVID-19 or receive an alternative diagnosis.**

## IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (Quarantine)

People who are **Unvaccinated** OR are more than 6 months since their 2<sup>nd</sup> Moderna or Pfizer vaccine or more than 2 months since their J&J vaccine **and not yet boosted** should:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home.

**Fully vaccinated** people who **have received their booster shot** or are not yet eligible for a booster shot should:

- Wear a mask around others for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home.

If you have any questions, please call Public Health at 319-385-0779 during business hours.

COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older.

Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

Find more information, including upcoming vaccine clinics, at [HealthyHenryCounty.org/covid](https://HealthyHenryCounty.org/covid)