Testing Information: COVID-19

**Quarantine** is used to keep those who have had known close contact with a COVID-19 positive individual away from others. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

**Isolation** separates sick people with a contagious disease from people who are not sick.

**Results** will be available to you on the FollowMyHealth patient portal within 48 hours. If results are not available after 48 hours, please contact the clinic. If you do not currently use the FollowMyHealth patient portal, please ask the clinic staff to send you an invite to join.

### If You Test POSITIVE:

**To prevent spreading this infection, please do the following:**

- Stay home. Only leave your house to seek medical care and call ahead to let the provider know you had a positive COVID-19 test and report any symptoms you may have.
- The self-isolation period is 10 days from the onset of symptoms with at least 24 hours fever free without the use of fever reducing medications. Other symptoms should be resolved or improving.
- If you’re not showing symptoms, you must self-isolate for 10 days from the date of the positive test and remain without symptoms during your isolation period.
- DO NOT travel while you are sick.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- The self-isolation period is 10 days from the onset of symptoms with at least 24 hours fever free without the use of fever reducing medications. Other symptoms should be resolved or improving.
- If you’re not showing symptoms, you must self-isolate for 10 days from the date of the positive test and remain without symptoms during your isolation period.
- Wear a face mask.

### If You Test NEGATIVE:

If you have a negative test, there are four scenarios which will affect the length of your quarantine:

- If you have a COVID-19 related symptoms following close contact with a COVID-19 positive individual, you must still quarantine until 14 days after the last close contact and may exit quarantine as long as there is no fever for 24 hours and your symptoms are improving.
- If you have COVID-19 related symptoms and have not had close contact with a COVID-19 positive individual, you may return to usual activities as long as there is no fever for 24 hours and your symptoms are improving.
- If you are asymptomatic following close contact with a COVID-19 positive individual, and have had a negative test obtained at least 5 days after exposure, you have the option to end quarantine no earlier than 7 days after last exposure.
- If you are asymptomatic and have not had close contact with a COVID-19 individual, you may return to usual activities.

Regardless of your results, please seek emergency care if you experience any of the following symptoms and inform the health care facility that you have – or may have – COVID-19:

- Trouble breathing
- Pain or pressure in your chest
- Confusion
- Blue-tinged lips and fingernails
- Difficulty waking from sleep
- Symptoms that get worse
For Employees in Business, Education and Childcare Settings:

Quarantine is no longer recommended if an exposure occurs while both the infectious individual and the close contact are wearing face coverings consistently and correctly. Patients and/or their parents should contact their employers for specific return to work criteria and guidance.

COVID-19 Response: When to Quarantine
For business, education and child care settings

- **Everyone Masked**
  - When a masked individual tests positive and close contacts were wearing masks...
  - **COVID Positive: ISOLATE**
  - **Close Contacts: SELF-MONITOR**

- **Close Contacts Masked**
  - When an unmasked individual tests positive and close contacts were wearing masks...
  - **COVID Positive: ISOLATE**
  - **Close Contacts: QUARANTINE**

- **Some Close Contacts Masked**
  - When a masked individual tests positive and SOME close contacts were wearing masks...
  - **COVID Positive: ISOLATE**
  - **Close Contacts: QUARANTINE**

- **No One Masked**
  - When an unmasked individual tests positive and close contacts were NOT wearing masks...
  - **COVID Positive: ISOLATE**
  - **Close Contacts: QUARANTINE**
COVID-19 Quarantine Flowchart
For patients with no symptoms who have had a known close contact with COVID-19

1. Close Contact with COVID-19
   - Start Quarantine

   Symptomatic
   - Start Isolation and Contact Provider to Test

   Asymptomatic
   - Sample Collection No Sooner than 5 Days After Potential Exposure

   Yes
   - Test Result
     - Positive: Isolate 10 Days After Test Result
     - Negative: End Quarantine 7 Days After Last Potential Exposure

   No
   - Continue to Monitor for Symptoms Until 14 Days After the Last Exposure AND Follow Measures to Prevent COVID-19 Transmission, Including Wearing a Mask When Around Others

NOTE: If at any time symptoms consistent with COVID-19 develop, regardless of testing status, the person should immediately start self-isolation and contact their local public health authority or health care provider. Furthermore, regardless of when the quarantine period ends, all persons should wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.