

# COVID-19 Illness and Quarantine Guidelines

In all cases, please inform District Nurse

## PERSON A



Any person who has tested positive for COVID-19.  
Confirmed with lab result.

### With symptoms:

Isolation until the following requirements have been met:

- ✓ 10 days since symptoms first appeared **and**
- ✓ 24 hours (1 day) with no fever (without the use of fever-reducing medicine) **and**
- ✓ [Symptoms](#) have improved

The 24 hours without fever may possibly occur within the 10 days of isolation, or after the 10 days

### Without symptoms (Asymptomatic):

Quarantine for 10 days from test date:

- ✓ Monitor self for symptoms, take temperature twice a day
- ✓ Released from quarantine after 10 days have passed as long as no symptoms have been present

## PERSON B



Any person who lives in the same household with Person A

### NO symptoms:

- ✓ Quarantine immediately
- ✓ Quarantine while **Person A** is ill and isolated
- ✓ Quarantine an additional 14 days after **Person A** has recovered and been released
- ✓ Quarantine can last up to 24 days or longer

## PERSON C

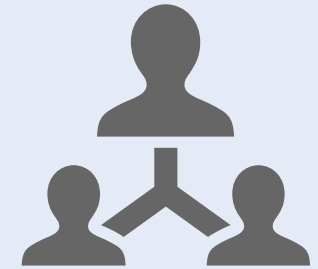


Any person with close contact to Person A  
(>15 min, < 6 feet)

### Quarantine for 14 days following date of last exposure

- ✓ Contact School Nurse
- ✓ Monitor self for symptoms, take temperature twice a day
- ✓ Notify Primary Care Provider if symptoms develop or if you have questions regarding testing

## PERSON D



Any person who has had exposure to Person B or C

### NO QUARANTINE OR ACTION REQUIRED *unless*:

**Person B** develops symptoms OR tests positive and **Person D** had contact with within 14 days **then**:

- ✓ contact Primary Care Provider to see about testing
- ✓ Contact District Nurse with questions regarding timing and exposure



## Recovered and Released

### Definitions:

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

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**Close Contact** defined as anyone who was within 6 feet of an infected person for at least 15 minutes, starting from 48 hours before the person began feeling sick, or tested positive, until the time the person was isolated.