

Quarantine and Isolation

How are quarantine and isolation different?

Quarantine

Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others or to keep someone from being exposed**. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. **YOU CAN NOT TEST OUT OF A QUARANTINE**. Even a negative test after exposure does not mean that your quarantine can be discontinued.

Quarantine recommended if...

- You were screened for surgery
 - Quarantine until day of surgery
- You were exposed to a known positive case
 - Quarantine from the last known exposure to this person(s)
 - If it is someone you are caring for or the positive person cannot isolate, then your quarantine would start at the end of their isolation
- You are traveling
 - Quarantine until the day of travel

Isolation

Isolation is used to **separate people infected with the virus or suspected to have the virus from people who are not infected**. People who are in isolation should stay home until cleared from isolation. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available) and disinfecting the common area after use.

Isolation recommended if...

- You were tested under any other circumstances than for screening (surgery or travel)
- You have possible symptoms of Covid-19 as discussed in visit
- You test positive (see below)

COVID-19 Positive patient guidance

Isolation guidelines

- Isolation is for 10 days after the onset/beginning of symptoms
- If you are asymptomatic isolation is for 10 days from the day you were tested for Covid-19
- You are to have NO contact with any other person during this time
 - Contact is defined as longer than 15 minutes within 6 feet of each other without a mask
- It is safe to take over the counter medications during this time that would normally be considered safe for you

How to discontinue isolation

- Complete the above time recommendations
- IF symptoms are significantly improved and you are fever free for 24 hours without medication then you are considered cleared

COVID-19 Negative patient guidance

Tested due to exposure

- Continue your 14 day quarantine from the last known exposure
- If you were asymptomatic at time of testing, but then develop symptoms, retesting may be recommended

Tested for symptoms

- Continue supportive care as discussed
- Return for re-evaluation to ensure no other underlying concerns

ER PRECAUTIONS: Severe chest pain, abdominal pain, shortness of breath, uncontrolled fever (raising temperature with medication such as Tylenol and ibuprofen) without decrease, Neurologic changes such as slurred speech, passing out, or severe uncontrolled headache.

Test results may take up to 5 days to process. Results are available on the patient portal and can be printed for your records. Please contact us at (719) 632-4455 with any question or concerns.

For more information please head to <https://www.cdc.gov/coronavirus/2019-ncov/index.html>