



While Waiting For Your COVID-19 Test Results:



1. Stay home and distance from others.
2. Don't go to work, school, or visit with others outside your home.



★ The Miller County Health Center will be calling to follow up with all positive COVID-19 cases but will not be following up with close contacts. It is the individual's responsibility to alert all close contacts of exposure. Please follow these recommendations to keep yourself and others safe.

★ Please contact your physician if you begin to experience any worsening symptoms. If you develop shortness of breath or difficulty breathing you should seek immediate medical attention.

My COVID-19 Test Results Are:

Positive

Negative

Are you a Miller County Resident?

Have you been identified as a close contact to a positive COVID-19 case?

No:
Please follow the guidance of your local county health department

Yes:
Stay home and distance from others until:

1. 10 days have passed since your symptoms started (if no symptoms 10 days from test) **AND**
2. 24 hours after your fever is gone without using fever reducing medication (Tylenol) **AND**
3. Your other symptoms have improved (loss of taste and smell should not delay end of isolation).

Please see example below

Yes:
Continue to quarantine. If test was taken 5+ days after exposure and no symptoms are present quarantine can be reduced from 14 days to 7 days. Quarantine cannot be discontinued earlier than the end of the 7th day. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day.

No:
Return to normal activities once fever free for 24 hours and feeling better.

You should identify your close contacts and notify them immediately. The Miller County Health Center will call you to follow up on your case, review the information in this handout, and help you identify close contacts. You will be responsible for notifying all close contacts.
See reverse side for close contact education.

How long do you have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours after last fever:	My other symptoms got better on: (If not improved after 10 days, call your physician)	Circle the latest date. Stay home until:
EXAMPLE November 10	November 20	EXAMPLE November 15	November 16	EXAMPLE November 21	EXAMPLE November 21



Who Should you Identify As a Close Contact?

You should start calling your close contacts immediately, you do not have to wait for the health center to call before alerting contacts. Trace your contacts 2 days before the beginning of symptoms or, if you have no symptoms, 2 days before you were tested.

- Someone who was within 6 feet of you for a total of 15 minutes or more, regardless of cloth face covering.
- Someone who had higher risk of exposure such as someone you kissed, shared eating utensils with, and/or sneezed or coughed on.

You have identified your close contacts. You should advise them to quarantine for 14 days from last exposure. Quarantine means they should:

- Stay home and distance from others for 14 days from the last day of close contact.
- Don't go to work, school, or visit with others.

If during quarantine they don't have any symptoms there are options to reduce the 14 days. Use the tools below to determine if your contacts qualify for a reduced quarantine.

Your Contacts Have:

Tested Negative

Tested Positive

Not Been Tested

Please follow the guidance on the reverse side.

Do they have any symptoms?

Yes

Do they have any symptoms?

No

Continue to stay home and distance from others for 14 days from last date of close contact AND symptoms must be gone. Since symptoms are present they must quarantine for the full 14 days and will not be able to reduce quarantine.

No
Continue to stay home and distance from others for 10 days from last date of close contact. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day. If they become ill, they should reach out to their primary care physician or local urgent care.

When did they get tested?

5+ days After Exposure

Stay home and distance from others for 7 days from last date of close contact. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day. If they become ill, they should reach out to their primary care physician or local urgent care.

1-4 days After Exposure

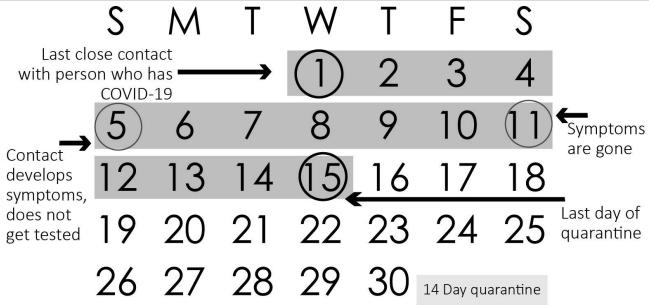
Stay home and distance from others for 10 days from last date of close contact. Since testing occurred on the first 2 days after exposure they must quarantine for the full 10 days and will not be released after day 7. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day. If they become ill, they should reach out to their primary care physician or local urgent care.

Contacts should monitor for the following symptoms:

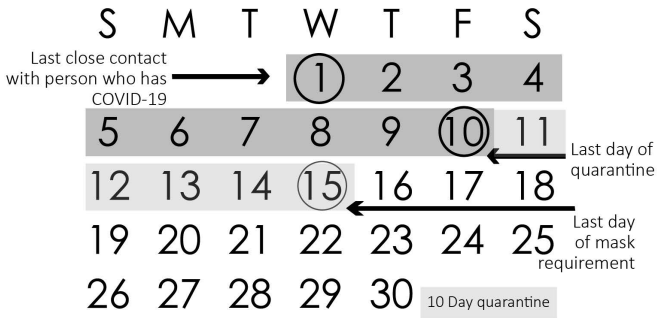
Fever of 100.4 or higher, loss of taste or smell, cough, allergy like symptoms, body aches, headaches, fatigue, diarrhea, shortness/ difficulty breathing. Since they have a history of exposure test is recommended for any new or worsening symptoms outside of what they normally experience.



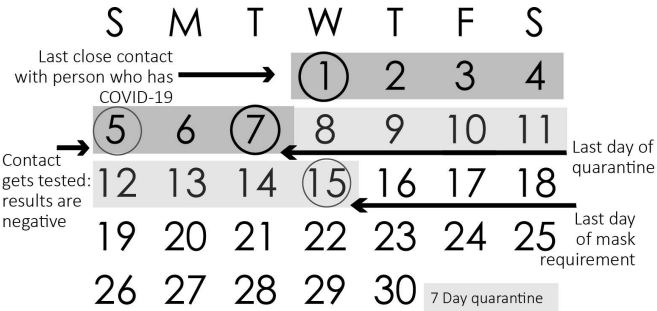
Close Contacts Examples:



A person who has been identified as a close contact of you (person with COVID-19). They have had no close contact with you since you isolated. **They develop symptoms but do not get tested.** Their last day of quarantine is 14 days from their last date of close contact to a positive person. **Symptoms must also be gone before ending quarantine.**



A person who has been identified as a close contact of you (person with COVID-19). They have had no close contact with you since you isolated. **They have no symptoms and have not been tested.** Their last day of quarantine is 10 days from their last date of close contact to a positive person. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day.



A person who has been identified as a close contact of you (person with COVID-19). They have had no close contact with you since you isolated. **They have no symptoms AND have tested negative 5+ days after exposure.** Their last day of quarantine is 7 days from when the you began home isolation or their last date of close contact. Self-monitoring for symptoms, limiting contacts and the use of masks must continue until end of the 14th day.

How long do your contacts have to stay home? (Fill in the blanks)

Last day I was around John Doe	Date 14 days later:	Date 10 days later:	Date 7 days later:	Date 5 days later:
EXAMPLE November 10	EXAMPLE November 24 <i>Quarantine until the end of this day unless contact qualifies for early release. All contacts must wear mask until the end of this day.</i>	EXAMPLE November 20 <i>A person with no test who has had no symptoms is released end of day this day. Must wear mask until the end of day 14.</i>	EXAMPLE November 17 <i>If person has no symptoms and tests negative after day 5 is released end of day this day. Must wear mask until the end of day 14.</i>	EXAMPLE November 15 <i>This is the earliest a person should get tested after exposure.</i>
Last day I was around _____	Date 14 days later:	Date 10 days later:	Date 7 days later:	Date 5 days later:
Last day I was around _____	Date 14 days later:	Date 10 days later:	Date 7 days later:	Date 5 days later:
Last day I was around _____	Date 14 days later:	Date 10 days later:	Date 7 days later:	Date 5 days later: