

Newton Family Physicians

COVID Quarantine/Isolation Guidelines

(updated 7/20/20)

Isolation = separating people sick with COVID symptoms or testing positive for COVID away from people who are not infected

Quarantine = keeping someone who might have been exposed to COVID19 away from others to help prevent the spread of disease

<p>Awaiting test results</p> <ul style="list-style-type: none"> ● If you have COVID symptoms ● If you've had an exposure 	<ul style="list-style-type: none"> ● Stay home in isolation. ● If you live with others, stay in a separate room or area if able. Use a separate bathroom if available.
<p>Awaiting test results</p> <ul style="list-style-type: none"> ● If asymptomatic or no known exposure 	<ul style="list-style-type: none"> ● No need to isolate
<p>COVID test POSITIVE</p> <ul style="list-style-type: none"> ● With or without symptoms 	<ul style="list-style-type: none"> ● Will be contacted by health department to do contact tracing. ● Stay home in isolation. ● If you live with others, stay in a separate room or area if able. Use a separate bathroom if available. ● Health Department will determine when you can be out of isolation (typically at least 10 days from symptom onset AND no fever for at least 24 hours with no fever reducers AND other symptoms are improving).
<p>COVID test NEGATIVE</p> <ul style="list-style-type: none"> ● With typical symptoms (cough, fever, shortness of breath) ● Suspected to be a false negative 	<ul style="list-style-type: none"> ● Stay home in isolation. ● If you live with others, stay in a separate room or area if able. Use a separate bathroom if available. ● Out of isolation when at least 10 days from symptom onset AND no fever for at least 24 hours with no fever reducers AND other symptoms are improving.
<p>COVID test negative</p> <ul style="list-style-type: none"> ● No symptoms or mild atypical symptoms with no known exposure ● Assume true negative 	<ul style="list-style-type: none"> ● May return to work once 24 hours symptom free.

<p>EXPOSED to someone with COVID</p> <ul style="list-style-type: none"> • High risk exposure = contact within 6 feet for more than 15 minutes with no one wearing a mask • Medium risk exposure = contact within 6 feet for more than 15 minutes with one person wearing a mask 	<ul style="list-style-type: none"> • Quarantine/stay home for 14 days after exposure (because symptoms can begin up to 14 days after exposure). • Check your temperature twice a day and watch for symptoms of COVID. • Consider getting tested if you develop symptoms. • Stay away from people at high risk of getting very sick from COVID. • (This applies even if you test negative.)
<p>LOW RISK EXPOSURE to someone with COVID</p>	<ul style="list-style-type: none"> • Quarantine/stay home until test results available