

# Newton Family Physicians COVID Quarantine/Isolation Guidelines

(updated 12/9/20)

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>COVID test POSITIVE</p> <ul style="list-style-type: none"> <li>With or without symptoms</li> </ul> <p style="text-align: center;">OR</p> <p>COVID test NEGATIVE</p> <ul style="list-style-type: none"> <li>With multiple typical symptoms</li> <li>Suspected to be a false negative</li> </ul>	<ul style="list-style-type: none"> <li>Stay home in isolation.</li> <li>If you live with others, stay in a separate room or area if able. Use a separate bathroom if available.</li> <li><b>Isolation ends when it has been at least 10 days from symptom onset AND no fever for at least 24 hours with no fever reducers AND other symptoms are improving.</b></li> <li>You will be contacted by the health department to do contact tracing.</li> <li>We recommend you contact anyone who you may have exposed in the past 5 days by being within 6 feet for more than 15 minutes without masks on. They need to quarantine for 10 days, even if they don't have symptoms. Household contacts should be tested if they develop symptoms or if it has been at least 5 days from your positive test and not sooner.</li> </ul>
<p>COVID test negative</p> <ul style="list-style-type: none"> <li>No symptoms or mild atypical symptoms with no known exposure</li> <li>Assume true negative</li> </ul>	<ul style="list-style-type: none"> <li>May return to work once 24 hours symptom free.</li> </ul>
<p>EXPOSED to someone with COVID</p> <ul style="list-style-type: none"> <li>High risk exposure = contact within 6 feet for more than 15 minutes with no one wearing a mask</li> </ul>	<p>Quarantine until the any of following criteria are met:</p> <ul style="list-style-type: none"> <li>14 days of quarantine have been completed</li> <li style="text-align: center;">OR</li> <li>10 days of quarantine have been completed AND no symptoms have been reported during daily monitoring</li> <li style="text-align: center;">OR</li> <li>7 days of quarantine have been completed AND no symptoms have been reported AND you test negative on day 5, 6 or 7</li> </ul> <p>If you discontinue quarantine before day 14, please monitor for symptoms. Please strictly adhere to wearing a mask, practicing social distancing and washing your hands.</p>