

Guidance for Individuals with COVID-19 Updated January 11, 2022

This guidance is for individuals that have been confirmed to be infected with the COVID-19 virus.

Isolation recommendations for **lowans with COVID-19** state that lowans should stay at home and isolate themselves from other people and animals in the home until all three of the following conditions have been met:

- No fever for at least 24 hours (without the use medicine that reduces fevers) **AND**
- other symptoms have improved (for example, when cough or shortness of breath have improved) **AND**
- at least 5 days have passed since symptoms first appeared

Continue to wear a well-fitting mask when around others for an additional 5 days.

Look for emergency warning signs for COVID-19. If you are showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

For most people, symptoms last a few days, and people usually feel better after a week. You may use over-the-counter medicines for fever or other symptoms. Make sure to follow the package recommendations and consult your pharmacist or healthcare provider with any questions. You should drink a lot of fluids and rest. While recovering, you may want to consider having the items delivered through a delivery service, if possible. Continue to take care of your pet(s), and limit contact between yourself and your pet(s) when possible.

More information can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

What does self-isolation mean?

- Stay home and do not go to school, work, and public areas or attend gatherings.
- Do not use public transportation, ride sharing, buses or taxis.
- Postpone all travel.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments until you have completed your 10 days of self-isolation. If you have an essential medical appointment during this time, please work with your healthcare provider to help coordinate the visit.

What about the people I live with?

For COVID-19, close contacts are persons less than 6 feet away from an infectious person for more than 15 minutes in a 24 hour period. This is regardless of mask use.

- Family members or other persons who reside in your home may remain in your home, but you should stay in a specific room away from others in your home and use a separate bathroom (if available).
- Household contacts should quarantine for 5 days after last exposure to the infected individual and continue to wear a well-fitted mask for 5 additional days (day 6-10). If it is not possible to quarantine, then a well-fitting mask should be worn when around others for 10 days. Test on day 5, if possible.
 - Close contacts who have received their COVID-19 booster vaccine or who have completed two-dose series of Pfizer or Moderna within the last 5 months or 1 dose series of Johnson & Johnson within the last 2 months do **NOT** need to quarantine. However, a mask should be worn around others for 10 days, and a test performed on day 5, if possible.
- If you are not able to maintain a distance over 6 feet from your household contacts, the quarantine period for household contact(s) will not end until 5 days from your recovery date. This would mean that the quarantine period could extend up to 10 days, or more, for contacts caring for infected individuals. There are acceptable alternatives to shorten the quarantine period for close contacts. If an alternative option is used, it is important to continue to self-monitor for symptoms AND strictly adhere to wearing a well-fitting mask until 10 days from the last date of contact with the infected individual has passed.
- More information can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

I have been around others not in my household?

Close contacts should quarantine at home for 5 days from the last exposure to the infected person, unless the criteria above applies. They should not attend work or school. They should separate themselves from others in the home if possible. All other household members may continue with normal activities unless the quarantined individual becomes ill. If illness occurs, everyone should remain home and the ill contact should contact a medical provider.

According to CDC, COVID-19 symptoms may appear 2-14 days after exposure to the virus. Anyone that appears ill, or states that they have been ill, should follow the guidelines for individuals ill with COVID-19. People with these symptoms, or combinations of symptoms, may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Contacts to COVID-19 should contact their healthcare provider or Test Iowa regarding testing. Testing should occur 5 days from exposure.

Work/School:

Please use this letter as certification for your employer or school that you have been diagnosed with COVID-19. You should not return to work until:

- No fever for at least 24 hours (without the use of medicine that reduces fevers) AND
- other symptoms have improved (for example, when cough or shortness of breath have improved) AND
- at least 10 days have passed since symptoms first appeared

If classified as an essential employee contact your HR department regarding return to work

Retesting is not recommended for at least 90 days from your first positive COVID-19 test.
For additional questions or concerns, please contact your healthcare provider.