COVID-19 Isolation, Exposure, and Testing Guidance

Scenario 1

> If I tested <u>positive</u> for COVID-19 (or I have symptoms* but can't test), how long should I isolate?

Immediately Isolate!

- **Isolate**, which means stay at home and away from others, for **5 full days**.
- You should isolate regardless of your vaccine status or if you had a previous COVID-19 infection.
- Seek treatment immediately if you are more likely to get very sick from COVID-19.
- Stay in a separate room, use a separate bathroom, and don't share personal items like utensils, cups, and towels.
- Improve ventilation if possible. If you must be around others, wear a high-quality* mask.
- If you develop new symptoms within 10 days, restart your isolation period on that day.

When to End Isolation

Stop isolating after day 5 if you:

- are fever-free for 24 hours without fever-reducing medicine and your symptoms improve, or
- never had symptoms

After ending isolation, wear a high-quality* mask for 5 more days.

Stop isolating after day 10 if you:

- **can't** mask (like children under 2 or people with some disabilities),
- have **difficulty breathing** or **shortness of breath**, or
- were hospitalized for COVID or have a weakened immune system.

Speak with your medical provider – they may want you to test before ending isolation.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Isolation / Leave Isolation		**1** Positive test (or symptoms start) **DAY 0**	**2** **DAY 1**	**3** **DAY 2**	**4** **DAY 3**	**5** **DAY 4**
6 **DAY 5**	**7** **DAY 6**	**8** **DAY 7**	**9** **DAY 8**	**10** **DAY 9**	**11** **DAY 10**	Stop masking

Until at Least Day 11

- Wear a high-quality mask when indoors around others at home and in public.
- ❗ **Avoid** activities and places where you can't mask like eating in public or some gyms.
- ❗ **Avoid** travel. **Avoid being around others who are more likely to get very sick from COVID-19.**
- After ending isolation and masking, get vaccinated if you're not up-to-date on your COVID-19 vaccines, including booster doses. **Vaccination is the best way to avoid severe illness/hospitalization**. Check your vaccination status using the CDC booster tool* or vaccination schedule*

*See Page 4 for a list of COVID-19 symptoms, information on mask quality, testing guidance, and links to CDC vaccine resources

Scenario 2

> If I was <u>exposed</u> to someone with COVID-19, what precautions should I take?

Start Precautions Immediately

Wear a high-quality mask* as soon as you find out you were exposed. Regardless of your vaccine status or if you had a previous COVID-19 infection, masking is now recommended instead of quarantine (staying home).

Continue Precautions for 10 Days

- **Wear a high-quality mask anytime you are around others inside your home or indoors in public.** You can still develop COVID-19 up to 10 days after you have been exposed.
- ⚠ **Avoid** activities and places where you can't wear a mask, like eating in public or in some gyms.
- ⚠ **Avoid** travel. Avoid being around others who are more likely to get very sick from COVID-19.
- After ending masking, **get vaccinated** if you're not up-to-date on your COVID-19 vaccines, including booster doses. Vaccination is the best way to avoid severe illness/ hospitalization. Check your vaccination status using The CDC booster tool* or vaccination schedule*.
- If you **CAN'T** mask, like children under 2 or people with some disabilities, stay away from others as much possible and take extra precautions for at least 10 days after your last exposure.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exposure to COVID-19 Begin masking **DAY 0**	2 🎭 **DAY 1**	3 🎭 **DAY 2**	4 🎭 **DAY 3**	5 🎭 **DAY 4**
6 **1st Negative Test** 🧪🎭 **DAY 5**	7 🎭 **DAY 6**	8 🧪🎭 **DAY 7**	9 🎭 **DAY 8**	10 🧪🎭 **DAY 9**	11 🎭 **DAY 10**	**Stop masking**

Testing

People who have been exposed to someone with COVID-19 should test* at least three times every other day after they were first exposed. Individuals who have tests available may choose to test every other day through Day 10. The calendar shows a sample testing scenario.

*See Page 4 for a list of COVID-19 symptoms, information on mask quality, testing guidance, and links to CDC vaccine resources

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Scenario 3

> If I can't separate from someone with COVID-19, what precautions should I take?
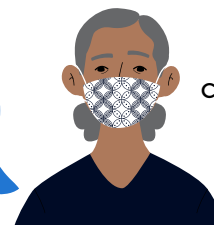
Some people may have to care for a person with COVID-19 or share common areas with a person with COVID-19. They will need to mask when the person with COVID-19 is isolating AND for additional days after the person with COVID-19 ends isolation.

Start Precautions Immediately

Wear a high-quality mask* as soon as you find out you were exposed. Regardless of your vaccine status or if you had a previous COVID-19 infection, masking is now recommended instead of quarantine (staying home).

Continue Precautions While the Person with COVID is Isolating AND for 10 Full Days after the Person with COVID Ends Isolation

- **Wear a high-quality mask anytime you are around others inside your home or indoors in public.** You can still develop COVID-19 up to 10 days after you have been exposed.
- ⊘ **Avoid** activities and places where you can't wear a mask, like eating in public or in some gyms.
- ⊘ **Avoid** travel. Avoid being around others who are more likely to get very sick from COVID-19.
- After ending masking, **get vaccinated** if you're not up-to-date on your COVID-19 vaccines, including booster doses. Vaccination is the best way to avoid severe illness/hospitalization. Check your vaccination status using The CDC booster tool* or vaccination schedule*.
- If you **CAN'T** mask, like children under 2 or people with some disabilities, stay away from others as much possible and take extra precautions for at least 10 days after your last exposure.

Calendar

			Isolation	Leave Isolation		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Person with COVID → / Exposed person →		**1** Isolation + mask **DAY 0**	**2** Isolation + mask **DAY 1**	**3** Isolation + mask **DAY 2**	**4** Isolation + mask / 1st Negative Test **DAY 3**	**5** Isolation + mask **DAY 4**
6 Isolation + test + mask **DAY 5**	**7** Leave Isolation + mask **DAY 1**	**8** test + mask **DAY 2**	**9** mask **DAY 3**	**10** mask **DAY 4**	**11** test + mask **DAY 5**	**12** Stop masking mask **DAY 6**
13 test + mask **DAY 7**	**14** mask **DAY 8**	**15** test + mask **DAY 9**	**16** mask **DAY 10**	Stop masking		

Testing

People who can't separate from someone with COVID-19 should test* at least five times every other day after person with COVID begins their isolation. Individuals who have tests available may choose to test every other day or every other two days through the end of their masking* period. The calendar shows a sample testing scenario.

*See Page 4 for a list of COVID-19 symptoms, information on mask quality, testing guidance, and links to CDC vaccine resources

Department of Public Health
CITY OF PHILADELPHIA

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COVID-19 Symptoms

Watch for **COVID-19 symptoms** like...

- Fever or chills
- New or persistent cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea

What are High-Quality Masks?

High quality masks are **N95** and **KN95** masks, followed by **surgical masks**. **Cloth masks** are the lowest quality masks.

N95   *KN95*   *Surgical Mask*   *Cloth Mask*

HIGH-QUALITY ←——————————————————————→ LOW-QUALITY

Whatever mask you choose, it should fit closely on your face **without any gaps along the edges or around the nose**. It should be comfortable enough when worn properly (covering your nose and mouth) so that you can keep it on when you need to.
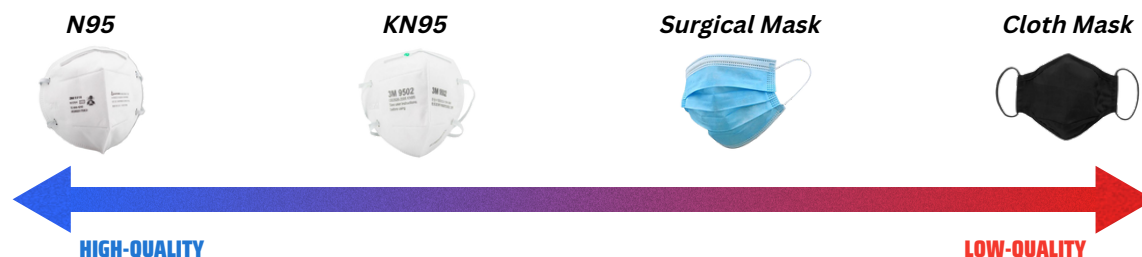
COVID-19 Testing

When getting tested for COVID-19 remember...

- If you don't have symptoms, test every other day with at-home rapid antigen tests. (See calendars 2 & 3 for sample testing scenarios.) Some individuals may choose to test more times if they are still concerned and have tests available.
- Those who tested positive for COVID in the last 30 days do not need to test unless they develop symptoms.
- If you develop symptoms, test immediately and isolate until you know your test results.
- If you test positive or you have symptoms but can't test, follow isolation recommendations on Page 1.
- **If you test negative**, continue masking and other precautions through Day 10. If you have symptoms, you may have another respiratory illness. Stay away from others until your symptoms improve and you're fever-free for 24 hours without fever-reducing medicine.

Visit **www.phila.gov/testing** to find a testing location near you. Contact your healthcare provider if you have any questions.

Get Vaccinated!

Vaccination is the best way to avoid severe illness/hospitalization.

If you're not up-to-date on your COVID-19 vaccines, including booster doses, you should get vaccinated! Check your vaccine status using the CDC's Vaccine Up-to-Date chart and schedule your vaccine or booster in Philly with Get Your Vax or Booster.

You can receive your COVID-19 vaccine or booster dose at a local pharmacy or your healthcare provider's office.

There is no cost to receive a COVID-19 booster dose. Bring your vaccination card from the CDC or a clear photo of your card to receive your booster shot. If your card is lost or damaged, please call **215-685-5488** or email **publichealthinfo@phila.gov**.

Visit **www.vaccines.gov** or call **215-685-5488** (for interpretation, press #5 and say your language) to find a location nearest you!

CDC Resources

Scan the QR codes to the right to check out the CDC's Vaccine Up-to-Date Chart and the CDC's COVID-19 Booster Tool to help you stay up to date with your COVID-19 vaccines.

www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

Vaccine Up-to-Date Chart

www.phila.gov/services/mental-physical-health/get-vaccinated/get-your-covid-19-vaccine-or-booster/

Get Your Vax or Booster