

## COVID Quarantine/Isolation Information Handout – Updated 2/12/2021

- If you are being tested for COVID-19 and are not already quarantining, please start now.
- **Everyone** living in the household needs to quarantine within the home. **Siblings need to stay home from school/daycare, and parents need to stay home from work.**
- If possible, the sick family member should be isolated away from healthy family members. If age appropriate, have them wear a mask at all times when around others, while minimizing contact as much as possible.
- Results will be available on the Portal within 72 hours. We will call you with results.
- If you are testing due to an **EXPOSURE and have NO symptoms**, you must be tested between days 5 and 7 after your exposure in order to come out of quarantine after day 7 as long as you remain asymptomatic. **If you develop symptoms you must isolate.**
- Effective 12/1/20 our office has transitioned to a **NEW portal**. We will send you a registration email with the link and pin so you can access your COVID results. If you need help accessing the patient portal or need to set one up, please contact our office. **We will need your email and/or your phone number with the mobile carrier.**
- If your child’s symptoms worsen (see below) please go to the Emergency Room.
  - Symptoms such as: uncontrolled high fever that is not responding to Tylenol/Ibuprofen, difficulty breathing, shortness of breath, not urinating at least every 6-8 hours, difficult to rouse/severe fatigue, or less than half their usual fluid intake.
- Per the CDC- If **asymptomatic** and testing due to an exposure: Quarantine is for a full 10 days **from your exposure date, unless you are tested between days 5 and 7 after exposure and are negative**. If negative then you may come out of quarantine after day 7, but must monitor for symptoms for the full 14 days from the last exposure. This is because symptoms may start at any point during that 14-day window.
  - If symptoms develop during the 14-day window then an **isolation** period must begin. Isolation must last 10 days from the start of symptoms before returning to school/daycare/work. The symptomatic person must also be fever free for 24 hours with improving symptoms.
- Per the CDC- If **symptomatic** and COVID positive, regardless of exposure: Isolation is for 10 days from the start of symptoms.
  - Day 1 of symptoms = Day 1 of isolation
  - If the symptomatic person is COVID positive then those that have had exposure to the symptomatic person must **quarantine** for 10 days beginning from the last day of exposure. (see asymptomatic exposure guidelines above.)

Per CDC- Quarantine or isolation: What's the difference?

- **Quarantine** keeps someone who might have been **exposed** to the virus away from others.
  - Date of last close contact with person who has COVID-19 + 10 days= end of quarantine.
- **Isolation** keeps someone who is **infected** with the virus away from others, even in their home.
  - Date of first symptom for COVID-19 + 10 days + fever free for 24 hours + improving symptoms= end of isolation.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.



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### RESOURCES:

Johnson County Health Department COVID-19 Hotline: 913-715-2819

CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Children’s Mercy Hospital COVID website: <https://www.childrensmercy.org/health-and-safety-resources/information-about-covid-19-novel-coronavirus/>