

What to do if your COVID-19 result is positive?

ISOLATION

Isolate a minimum 10 days from onset of symptoms. Isolation may be extended if symptoms are not improving or you are not fever-free.

QUARANTINE

- All **unvaccinated household members (*people you live with*)** must stay home and quarantine for 14 days from their last day of exposure to you during your 10 days of isolation. Household members should be tested if symptoms develop.
- If you are not able to isolate from other people in your home, your unvaccinated household member(s) should continue quarantine for 14 days from day 11 of the onset of your symptoms. This could be more than 24 days of no work/school if you are not able to isolate away from other household member(s). Wash your hands frequently and wear a mask at all times if you are unable to isolate.
- **Vaccinated household members** can continue to go to work and school. However, they must remain masked in public spaces for the full 14 days from last exposure or test at days 5 and 15. Any household members, whether vaccinated or unvaccinated, should be tested if symptoms develop.
- Inform your **close contacts (*friends and co-workers*)** as soon as possible that you are positive. A close contact is anyone you saw 48 hours prior the onset of your symptoms or while you have had symptoms. If you were less than 6 feet from them for longer than 15 minutes, your close contacts need to quarantine (stay home) for 14 days if unvaccinated. If vaccinated, they can continue to go to work and school. However, they must remain masked in public spaces for the full 14 days or test at day 3–5. Whether vaccinated or unvaccinated, they should also be tested if symptoms develop.
Exception: If your close contact has had a documented COVID-19 infection in the past 90 days, they do not need to quarantine.
- Asymptomatic testing site locations are updated by your local health departments:
 - **Sangamon County Health Department**
[SCDPH.org/COVID-19](https://scdph.org/COVID-19)
 - **Morgan County Health Department**
morganhd.com/covid-19
 - **Logan County Health Department**
LCDPH.org
 - **Macon County Health Department**
MaconCountyHealth.org/COVID19
- Call 911 or go directly to your local emergency department if you have severe shortness of breath or chest pain.
- A viral illness may cause a number of symptoms, including cough, sore throat, congestion, fever, body aches, runny nose, headache, nausea or diarrhea.
- It may take weeks to feel back to normal. Fatigue or a lingering cough may last for weeks.
- Please contact your primary care provider or call Memorial Care - Urgent Care at 217–588–2600 if you have questions or worrisome/worsening symptoms.

What treatments are available for COVID-19?

- Most individuals are able to manage their symptoms with supportive care from home.
- It is important to drink plenty of fluids and stay hydrated.
- Acetaminophen or ibuprofen can help ease your fever, muscle aches and headache, unless there is a reason you should not take these medications.
- A multivitamin, specifically one containing vitamin D3, may be beneficial. However, do not leave home or go to a pharmacy if you do not already have these at home. Note that taking over-the-counter therapies at high doses for a long duration could cause harm.
- If you are over 18 years old and do not have any contraindication to aspirin therapy, a baby aspirin (81mg) for 7–10 days may also be of benefit.
- Regeneron is a **monoclonal antibody infusion** available for COVID-19-positive patients at risk for developing severe COVID-19 illness. Individuals ages 12–64 can receive an infusion if there is a medical reason. Anyone over age 65 qualifies. Examples of medical reasons for an infusion include heart disease, hypertension, COPD, obesity, diabetes, chronic kidney disease or pregnancy, or if you are immunocompromised. The sooner Regeneron is infused after a COVID-19+ diagnosis, the better the outcome. For a referral to receive Regeneron or for more information, contact your primary care provider or call the infusion coordinator at **217-588-5154**.

To review the [Fact Sheet for Patients, Caregivers](#), [Emergency Use Authorization of REGEN-COV](#), visit REGENCOV.com/patient.

How am I cleared from isolation and quarantine so I can return to school/work?

- Only the local health department or dedicated school nurse can release you back to work/school. Please allow the health department several days to contact you to clear you from isolation and return to work/school. The health department will be contacting you via a 1-888 phone number. It is important for you to answer the call when you see a 1-888 number as they may not be able to return your call the same day if it is missed.
 - **Illinois Department of Public Health COVID-19 Hotline**
800-889-3931 | 312-777-1999
 - **Sangamon County Hotline**
217-321-2606, Mon.–Fri. 8 a.m. – 4:30 p.m.
SCDPH.org/COVID-19
 - **Morgan County Health Department**
217-245-5111
morganhd.com/covid-19
 - **Logan County Health Department**
217-735-2317
LCDPH.org
 - **Macon County Health Department**
217-423-6988
MaconCountyHealth.org/COVID19
- **Returning to the classroom:** IDPH has several options for an asymptomatic student to return to the classroom after an exposure (*when in quarantine*). Contact your school nurse for further individual school guidelines after a student is exposed to be given those options. All positive students must stay home for isolation.
- Test of cure (*repeating a test after you are positive to see if COVID-19 is gone*) is not recommended.
- Antibody testing is not accepted to return to school or work.

How am I cleared to return to sports?

If you are a student in junior high or high school and tested positive, you will need to contact your primary care provider, go to Memorial Care - Urgent Care or use their telehealth option for clearance. “**Return to Play**” or exercise is usually a graduated process after a COVID-19 illness. If you are a student athlete, a provider can evaluate you on day 11 to determine a graduated return to play release date and the speed at returning to a game. The return to play stages vary depending on the COVID-19 symptoms during illness and the sport endurance required.



Close contact exposure: More than 15 minutes in 24 hours within 6 feet

Both isolation and quarantine individuals need to be cleared from the local health department or a dedicated school nurse. Before calling your local health department, please allow several days for the health department to contact you.

Isolation Guidelines (COVID-19 Positive)

Positive Individual (Vaccinated and Unvaccinated)

- Positive cases are put in **ISOLATION** for a minimum of **10 days**.
- Isolation count starts on the date symptoms started. If there are no symptoms, it starts on the individual's test date.
- The first date of symptoms or test date is counted as **DAY 0**.
- People in isolation **can resume normal activities on DAY 11** if cleared by the school nurse or local health department. (*Symptoms must be improving and must be fever-free without fever-reducing medication for 24 hours.*)
- All household members or other close contacts/exposure start quarantine (*see quarantine guidelines*).

Quarantine (Exposed) Guidelines for Asymptomatic Individuals

VACCINATED (Fully vaccinated: >14 days past second COVID-19 vaccine or >14 days past a single dose COVID-19 vaccine.)

One Time Exposure

- Fully vaccinated contacts **DO NOT need to quarantine if asymptomatic**; however, masking is necessary for 14 days when around others. Testing recommended at day 5 after exposure.

CONTINUOUS Exposure

(e.g., positive household member who is unable to isolate)

- Fully vaccinated contacts **DO NOT have to quarantine if asymptomatic**; however, masking is necessary for 14 days past the last exposure. Therefore, masking is necessary for 10 days plus 14 days if student/staff member is with the positive individual during the 10 days. Testing can also be considered at day 5 and 15 due to repeated exposure (*and day 10 if test available*).

UNVACCINATED

One Time Exposure

- QUARANTINE count **starts on the last day** the contact interacted with the positive person.
- People in QUARANTINE **can resume normal activities on DAY 15**, if they remain asymptomatic.
- The last date of contact is counted as **DAY 0**.
- **Exception:** An individual who has a documented COVID-19 positive test in the past 90 days does NOT need to quarantine.
- **SCHOOL:** Follow individual school and county guidelines. In most schools, an asymptomatic student/staff member can return to school at **DAY 11** with a negative test on or after day 10. Individual cannot return to team sports until DAY 15 from exposure, but can return to individual sports (*if able to stay masked and six feet apart*) on day of release to school. Some school districts offer testing and release on day 8 OR testing on days 1, 3, 5, 7 for Test to Stay. If test is positive, isolation for 10 days starts on test day if individual is asymptomatic.

CONTINUOUS Exposure

(e.g., positive household member who is unable to isolate)

- QUARANTINE count **starts on the last day** the contact interacted with the positive person.
- People in QUARANTINE can resume normal activities on DAY 25 if only one person in the house is positive and unable to isolate. The quarantine may be a longer duration if multiple household members are positive.
- The last date of contact is counted as **DAY 0**.
- **SCHOOL:** Follow individual school and county guidelines. In most schools, an asymptomatic student/staff member can return to school at **DAY 21** with a negative test on or after day 20. If test is positive, isolation for 10 days starts on test day if individual is asymptomatic.
- **The quarantine date of a household member changes if a second person (or more) becomes symptomatic or tests positive.** The negative people in the house must restart their quarantine 14 days from the date the last positive person in the house is released from isolation.



Calculating Isolation and Quarantine Outdates



Positive Cases

- Positive cases are put in **ISOLATION** for a **minimum of 10 days**.
- Isolation count **starts on the date symptoms started**.
If there are no symptoms, it starts on the individual's test date.
- People in isolation **can resume normal activities on DAY 11** if cleared by the local health department (symptoms must be improving and be fever-free without fever-reducing medication for 24 hours).
- The first date of symptoms or test date is counted as **DAY 0**.

First day of symptoms
Day 0

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Runny Nose	7 Day 1	8 Day 2	9 Day 3	10 Day 4
11 Day 5	12 Day 6	13 Day 7	14 Day 8	15 Day 9	16 Day 10	17 Day 11
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Positive test date

Last day of isolation, must stay isolated through the day

First day out of isolation and return to normal activity

Last day of isolation, must stay isolated through the day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 Test Date	10 Day 1
No symptoms						
11 Day 2	12 Day 3	13 Day 4	14 Day 5	15 Day 6	16 Day 7	17 Day 8
18 Day 9	19 Day 10	20 Day 11	21	22	23	24
25	26	27	28	29	30	31

Positive test date
Day 0

First day out of isolation and return to normal activity

Calculating Isolation and Quarantine Outdates



Contact is a Non-Household Member

Vaccinated contacts who DO NOT* live with the positive person

Definition of fully vaccinated: >14 days past second COVID-19 vaccine or >14 days past a single dose COVID-19 vaccine.

- Fully vaccinated contacts do not have to quarantine if asymptomatic, however, masking or testing is necessary.
 - Fully vaccinated individuals with an isolated high-risk exposure:
 - Must wear a mask for 14 days when around others (including when around household members).
 - An alternative is to wear a mask and test 3–5 days (day 5 preferred) after last exposure. If the COVID-19 test is negative, a mask is not required (unless mandated by business or state).
 - Fully vaccinated individuals with continuous exposure (e.g., household member who can't isolate):
 - Must wear a mask for 14 days past the household member's 10-day isolation (including when around household members).
 - An alternative is to test on days 5, 10 and 15. If the COVID-19 test is negative, a mask is not required (unless mandated by business or state).



Unvaccinated contacts who DO NOT* live with the positive person

- QUARANTINE** is a **minimum of 14 days**.*
- QUARANTINE count **starts** on the **last** day the contact **interacted with the positive person**.
- People in QUARANTINE **can resume normal activities** on **DAY 15**.
- The last date of contact is counted as DAY 0.
- IMPORTANT: Negative test results during quarantine do not mean that quarantine can end. The contact must still quarantine for the full 14 days.**

Last date of contact	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
	4	5	6 Day 0	7 Day 1	8 Day 2	9 Day 3	10 Day 4
	11 Day 5	12 Day 6	13 Day 7	14 Day 8	15 Day 9	16 Day 10	17 Day 11
Last day of quarantine, must stay quarantined through the day	18 Day 12	19 Day 13	20 Day 14	21 Day 15	22	23	24
	25	26	27	28	29	30	31

Negative test date

First day out of quarantine and return to normal activity

* Quarantine for families living together in the same house is calculated differently.
 * An immunocompromised person may have to quarantine up to 20 days.

Calculating Isolation and Quarantine Outdates

Contact is a Household Member



Vaccinated contacts who DO live with the positive person

Definition of fully vaccinated: >14 days past second COVID-19 vaccine or >14 days past a single dose COVID-19 vaccine.

- Fully vaccinated contacts do not have to quarantine if asymptomatic, however, masking or testing is necessary.
 - Fully vaccinated individuals with an isolated high-risk exposure:
 - Must wear a mask for 14 days when around others (including when around household members).
 - An alternative is to wear a mask and test 3–5 days (day 5 preferred) after last exposure. If the COVID-19 test is negative, a mask is not required (unless mandated by business or state).
 - Fully vaccinated individuals with continuous exposure (e.g., household member who can't isolate):
 - Must wear a mask for 14 days past the household member's 10-day isolation (including when around household members).
 - An alternative is to test on days 5, 10 and 15. If the COVID-19 test is negative, a mask is not required (unless mandated by business or state).

Unvaccinated Contacts who DO live with the positive person

- QUARANTINE** is a minimum of **14 days (same as other contacts)**.
- ** If the positive person is unable to isolate away from other household members, then **QUARANTINE count starts** on the **FIRST day the positive person in the house is OUT OF QUARANTINE** (day 11 of the positive person's isolation)**.
- People released from **QUARANTINE** can resume normal activities on **DAY 15**.
- The day the positive person comes out of isolation is counted as **DAY 0**.

First day of symptoms Day 0	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Positive test date
					1	2	3	
	4	5	6 Runny Nose	7 Day 1	8 Day 2	9 Day 3	10 Day 4	Last day of isolation, must stay isolated through the day
	11 Day 5	12 Day 6	13 Day 7	14 Day 8	15 Day 9	16 Day 10	17 Day 11	First day out of isolation and return to normal activity
	18 Day 1	19	20	21	22	23	24 Day 7	First day of quarantine for household contact
	25	26	27	28	29	30	31 Day 14	

Positive Person in the Household (shaded blue area)
Household Contact (shaded red area)

Last day of quarantine for household contact— release of contacts will be on day 15 (in this case, the first of next month)

Please Note

The quarantine date of a household member changes if a second person (or more) becomes symptomatic or tests positive. The negative people in the house must restart their quarantine 14 days from the date the last positive person in the house is released from isolation.