

## **CONTINUE TO ISOLATE UNTIL TEST RESULTS ARE RECEIVED.**

**Unvaccinated people you live with should quarantine until test results are received.**

Review guidelines for isolation and quarantine on page 4. A calendar for calculating isolation and quarantine timelines can be reviewed on pages 5–7.

## **How do I receive my results?**

Your results will be sent to you by text and by email. If you do not see a result, please check your junk mail. If your COVID PCR test was a LabCorp send out, you can also find the result on the patient portal at [patient.labcorp.com/ui](http://patient.labcorp.com/ui).

## **What tests were performed today?**

**Binx (antigen):** this is a rapid nasal test (*nostril*) test. It is a good test, but not as good as a PCR test. The Binx result will be available in about one hour from time of swab.

**PCR test:** If you had a nasopharyngeal test performed (*a deep swab into the back of the nose*), you then had a PCR test performed. This test is more accurate. This test result will be available in 1–5 days (*on average 3–4 days if a LabCorp send out was performed*). If you had both performed, you must wait for the final swab to know if you are positive or negative. You cannot be released from isolation until second negative result. Please return for additional testing and evaluation if you receive a negative test and symptoms are not improving or worsening.

*These tests do not release you from quarantine (exposure from a COVID-19 individual).*

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

### **ISOLATION (COVID-19 positive individuals)**

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

### **QUARANTINE (individuals you have exposed that do not have symptoms)**

- 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, the other unvaccinated household member(s) continue quarantine for 14 days from day 11 of COVID-19-positive individual's symptoms. This could be more than 24 days of no work/school for the exposed person if you are not able to isolate away from other household member(s). Frequent handwashing and mask on at all times if unable to isolate.
- **Vaccinated household members** can continue to work, however, they must remain masked in public spaces for the full 14 days from last exposure or test at day 5 and 15. All exposed should be tested if symptoms develop.

*continued*

- Inform your **close contacts (*friends and co-workers*)** as soon as possible that you are positive – a close contact is anyone seen 48 hours prior to symptoms starting or during time with symptoms. If together less than 6 feet and longer than 15 minutes during in the day, the close contacts need to quarantine for 14 days (*stay home*) if unvaccinated. If vaccinated, they can continue to work, however, they must remain masked in public spaces for the full 14 days or test at day 3–5. All exposed individuals need 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://www.scdph.org/COVID-19)
  - **Morgan County Health Department**  
[morganhd.com/covid-19](https://www.morganhd.com/covid-19)
  - **Logan County Health Department**  
[LCDPH.org](https://www.lcdph.org)
  - **Macon County Health Department**  
[MaconCountyHealth.org/COVID19](https://www.MaconCountyHealth.org/COVID19)

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## What symptoms are common and when should I ask for help?

- 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 ExpressCare at 217-588-2600 if you have questions, or worrisome/worsening symptoms.

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## 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, if no contraindications, can help ease your fever, muscle aches and headache.
- A multivitamin, specifically vitamin D3, may be beneficial. Do not leave home or go to a pharmacy if multivitamin not already in the house. Taking over-the-counter therapies at high doses for a long duration could cause harm.
- If you are greater than 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 65 or over qualifies. Examples of medical reasons for an infusion: heart disease, hypertension, COPD, obesity, diabetes, immunocompromised, chronic kidney disease or pregnancy. 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 Sixth Street infusion coordinator at **217-588-5154**.

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

## How am I cleared from isolation and able to return to school/work?

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. The contact tracer to help you with your release letter may be calling from a 1-888 number, please answer these calls if expecting a call from contact tracing.

- Only the local health department or dedicated school nurse can release you back to work/school.
  - **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.
  - **Morgan County Health Department**  
217-245-5111
  - **Logan County Health Department**  
217-735-2317
  - **Macon County Health Department**  
217-423-6988
- **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. Your result may stay positive for several weeks.
- Antibody testing is not accepted to return to school or work.

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## 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 PCP or go to an ExpressCare or ExpressCare telehealth 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 varies depending on the COVID-19 symptoms during illness and the sport endurance required.

Further information on the Return to Play timeline can be reviewed on pages 9-10.

# COVID-19 Isolation and Quarantine Guidelines – Macon County



LAST UPDATED:  
**08/17/2021**

## ***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 10 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 11**, if they remain asymptomatic and fill out the daily health assessments from Macon County Health Department.
- 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.

#### 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 21 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**.
- **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 10 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	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	19	20	21	22	23	24	
	25	26	27	28	29	30	31	

Last day of isolation, must stay isolated through the day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Positive test date Day 0
					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	First day out of isolation and return to normal activity
	25	26	27	28	29	30	31	

# 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
					<b>1</b>	<b>2</b>	<b>3</b>	
	<b>4</b>	<b>5</b>	<b>6</b> Runny Nose	<b>7</b> Day 1	<b>8</b> Day 2	<b>9</b> Day 3	<b>10</b> Day 4	Last day of isolation, must stay isolated through the day
	<b>11</b> Day 5	<b>12</b> Day 6	<b>13</b> Day 7	<b>14</b> Day 8	<b>15</b> Day 9	<b>16</b> Day 10	<b>17</b> Day 11	First day out of isolation and return to normal activity
	<b>18</b> Day 1	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> Day 7	First day of quarantine for household contact
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 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.





# Graduated Return to Play (G RTP)

## Athletes Returning to Play after Mild COVID-19 Illness

Date Month/Day	Stage	Day	Amount of Allowed Practice Time	Recommended Activity	% Maximum Heart Rate < 18 years of age: 200 = max HR > 18 years of age: 220-age = max HR
Date Released:	<b>0</b>			COVID-19 <b>isolation clearance</b> from local health department (10 days have passed from date of first symptom, all symptoms improving, 24 hours symptom-free off fever-reducing medications) <b>AND return to play clearance</b> from physician (PCP for mild/moderate symptoms, cardiologist for severe symptoms) <b>AND</b> athlete is asymptomatic when performing normal activities of daily living.	
	<b>1</b>	<b>Days 1 and 2</b>	<b>&lt; 15 min</b>	Light activity (walking, light jogging, stationary bike). No resistance training.	< 70% (140 bpm)
	<b>2</b>	<b>Day 3</b>	<b>&lt; 30 min</b>	Add simple movement activities (e.g., running drills). No resistance training.	<80% (160 bpm)
	<b>3</b>	<b>Day 4</b>	<b>&lt; 45 min</b>	Progress to more complex training. May add light resistance training.	<80% (160 bpm)
	<b>4</b>	<b>Days 5 and 6</b>	<b>&lt; 60 min</b>	Normal training activity.	<80% (160 bpm)
	<b>5</b>	<b>Day 7</b>	Entire practice/game	Return to full activity/participation including games/competitions.	100% (200 bpm)

- Some athletes take more than three weeks to recover.
- If symptoms (including excessive fatigue) start or reoccur while going through G RTP, consider returning to the previous stage and progress again after a minimum of 24 hours rest without symptoms. Reevaluation may be necessary.
- Athletes diagnosed with COVID-19 and who have medical conditions such as diabetes, cardiovascular disease or renal disease may need extended rest or testing prior to commencing G RTP.

**Adapted from American Academy of Pediatrics guidelines and British Journal of Sports Medicine**

- <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>
- <https://bjsm.bmj.com/content/54/19/1174>
- <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>
- <https://jamanetwork.com/journals/jamacardiology/fullarticle/2772399>
- <http://dph.illinois.gov/covid19/community-guidance/sports-safety-guidance>
- <https://www.ihssa.org/documents/CovidGuidelines/Return%20to%20Play%20Procedures%20After%20COVID19.pdf>

## Mild

All children and adolescents who test positive for SARS-CoV-2 should notify their pediatrician. For a child or adolescent who is SARS-CoV-2-positive who is either asymptomatic or mildly symptomatic (<4 days of fever >100.4°F, <1 week of myalgia, chills and lethargy) a phone or telemedicine visit with the pediatrician is recommended, at a minimum, so appropriate guidance can be given to the family.

## Moderate

For those with moderate symptoms of COVID-19 (≥4 days of fever >100.4°F, ≥1 week of myalgia, chills or lethargy, or a non-ICU hospital stay and no evidence of multisystem inflammatory syndrome in children [MIS-C]), an evaluation by their primary care physician (PCP) is recommended.

If cardiac workup is negative, gradual return to physical activity may be initiated after 10 days have passed from the date of the positive test result, and a minimum of 10 days of symptom resolution has occurred off fever-reducing medicine.

## Severe

For children and adolescents with severe COVID-19 symptoms (ICU stay and/or intubation) or MIS-C, it is recommended they be restricted from exercise for a minimum of 3 to 6 months and obtain cardiology clearance prior to resuming training or competition.

## Return to Play

All children younger than 12 years may progress back to sports/physical education classes according to their own tolerance. For children and adolescents 12 years and older, a graduated return-to-play protocol is recommended. The progression should be performed over the course of a seven-day minimum. Consideration for extending the progression should be given to children and adolescents who experienced moderate COVID-19 symptoms, as outlined above.

The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

Stage 1	Day 1 & 2 (2 days min.)	15 minutes or less	Light activity ( <i>walking, jogging, stationary bike</i> ), intensity no greater than 70% of maximum heart rate. NO resistance training.
Stage 2	Day 3 (1 day min.)	30 minutes or less	Add simple movement activities ( <i>e.g., running drills</i> ), intensity no greater than 80% of maximum heart rate.
Stage 3	Day 4 (1 day min.)	45 minutes or less	Progress to more complex training, intensity no greater than 80% maximum heart rate. May add light resistance training.
Stage 4	Day 5 & 6 (2 days min.)	60 minutes	Normal training activity, intensity no greater than 80% maximum heart rate.
Stage 5	Day 7		Return to full activity/participation ( <i>i.e., contests/competitions</i> )