

COVID-19 Isolation and Quarantine Guidelines: What to do if...



LAST UPDATED:
01/26/2022

...you have **TESTED POSITIVE** for COVID-19

Isolate from others for 5 days if:

Asymptomatic **OR**

Symptoms are mild **AND** improving
*Mild = cold symptoms, mild cough,
mild headache*

AND no fever for 24 hours

Released on **Day 6** with strict mask wearing
at home, school, work on days 6–10.
Eating/drinking 6 feet from others.
Your work may require an antigen test on day 5,
if positive, home isolation recommended
until day 10.

First day of symptoms is day 0.

Isolate from others up to 10 days if:

Having moderate-severe symptoms
*shortness of breath, significant cough, fatigue
or weakness, needing oxygen, hospitalization*

Symptoms are **NOT** improving by day 6

Isolate from others for full 10 days if:

You are moderately to severely
immunocompromised

You are an individual in a **congregate** setting

Any individual who isn't able
to wear a well-fitted mask.

(see back)

...you have been **EXPOSED** to someone COVID-19 positive and don't have symptoms

If you are:

- **NOT fully vaccinated OR**
- **Age 18+, fully vaccinated and
booster eligible, but have not received**

5 days quarantine, released on day 6.
Mask days 6-10 and test if symptomatic.

**Fully vaccinated =
at least 2 weeks after second vaccine**

- **If you are fully vaccinated with booster OR**
- **If you completed the initial vaccine series
and are not yet eligible for a booster OR**
- **If you are age 5–17 and have been fully
vaccinated OR**
- **If you had a confirmed COVID-19 test in
the past 90 days OR**
- **If your school has a Test To Stay process**

At home quarantine is **NOT** required,
mask for 10 days and test if symptomatic.



If you tested at a Memorial Care urgent care location or Memorial Drive-Thru Lab, your results will be sent to you via text and email. Rapid results are typically back within 6 hours. If your test was ordered through urgent care (in-person or telehealth) and you have not received your results, call 217-588-2066. If your test was ordered through primary care provider, please call that office for results.

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

- Call 911 or go to the emergency department if you have severe shortness of breath or chest pain.
- A viral illness may cause a number of symptoms like cough, sore throat, congestion, fever, fatigue, body aches, runny nose, headache, nausea or diarrhea.
- It may take weeks to feel back to normal. Fatigue and cough may last a few weeks.
- If you experience worrisome/worsening symptoms, contact your primary care provider or visit one of our urgent care locations.
- If you start experiencing fever, joint pain, rash, vomiting or headache a month after diagnosis of COVID-19, seek medical attention.

What if I am unsure when my symptoms started?

If the onset of symptoms is unknown, the day of test is day 0. If you have no symptoms, day of test is day 0.

What treatments are available for COVID-19?

- Most individuals are able to manage symptoms at home. It is important to stay hydrated. Consider ibuprofen or acetaminophen for fever, muscle aches and headache, unless there is a reason you should not take these medications.

- If you are over 65, pregnant or have significant health problems, you may qualify for a monoclonal antibody treatment or an oral antiviral treatment. Talk to a provider to see if you qualify. You can also call 217-588-5154 or email ExpressCareInfusion@mhsil.com to see if you may qualify for these treatments.

What is home isolation?

Stay away from others in your home. Isolate in a bedroom if able. The same rules apply to unvaccinated, vaccinated and boosted individuals. Isolation is 10 days. The first 5 days are home isolation. The second 5 days are mask wearing around others (including family) if improving mild symptoms or asymptomatic.

What is exposure?

Individuals who were around a positive person within 6 feet for more than 15 minutes within a 24 hour period are considered exposed. If exposed, those who are fully vaccinated or boosted (if booster eligible) do not need to quarantine. To remain at work or school, some schools and healthcare organizations may have protocols that allow exposed individuals to remain at work or school.

Who is booster eligible?

Individuals 12 years or older who are fully vaccinated > 5 months with Pfizer or Moderna **OR** > 2 months with J&J. You are considered fully vaccinated 2 weeks from receiving your final dose.

Why do I need to wear a mask days 6–10 of isolation or after an exposure?

- If positive, you may still be contagious days 6–10. The most contagious time is 2 days before symptoms until day 5. There is still a chance of transmission during the full 10 days of isolation. A tight well-fitted mask (not a cloth mask) should be worn at all times. Do not eat or drink around others. Do not sleep in the same room with others.
- If exposed, up to 30% will test positive in days 6–10 of quarantine. A strict well-fitted mask (not a cloth mask) is needed days 6–10, as you could be contagious. Do not eat or drink around others. Do not sleep in the same room with others.

Do I need to test after an exposure?

If you are asymptomatic and have the ability to test after exposure, CDC recommends testing on day 5. If there is a continuous household exposure, CDC recommends testing on day 5 and 10. Test sooner if symptoms develop.

Do these rules apply to all populations?

No. Some settings and individuals may have more or less than 10 days of isolation. These exceptions include:

- Nursing homes, assisted living, prison, group homes
- Active cancer treatment, organ transplant, stem cell transplant within 2 years, advanced HIV infection, drugs that suppress immune system
- Unable to wear a mask at all times days 6–10
- Healthcare workers and first responders: Healthcare facilities may have differing rules. Please contact your colleague health or human resources department for guidance.

Who will release me back to school/work?

Only the IDPH, local health department or a dedicated school nurse can release you back to work/school. Expect a call from a 1–888 phone number or a text.

Illinois Department of Public Health COVID-19 Hotline

800–889–3931 | 312–777–1999

If positive, do I need a negative test to return to work?

IDPH does highlight an antigen test on day 5, but it is not required. If antigen test is positive on day 5, continue isolation at home until release on day 11. A PCR test may take several weeks to result negative.

How are students ages > 12 cleared to return to sports?

A student can participate in extracurricular and sporting events once released from home isolation **IF** a mask can be worn **AT ALL TIMES** during the activity. Release will be on day 11 if unable to remain masked. School districts may have differing rules to return. A Graduated Return to Play release is recommended on or after day 6. This can be done in person or by telehealth through primary care or urgent care.

