

GUIDE FOR RELEASING FROM ISOLATION & QUARANTINE

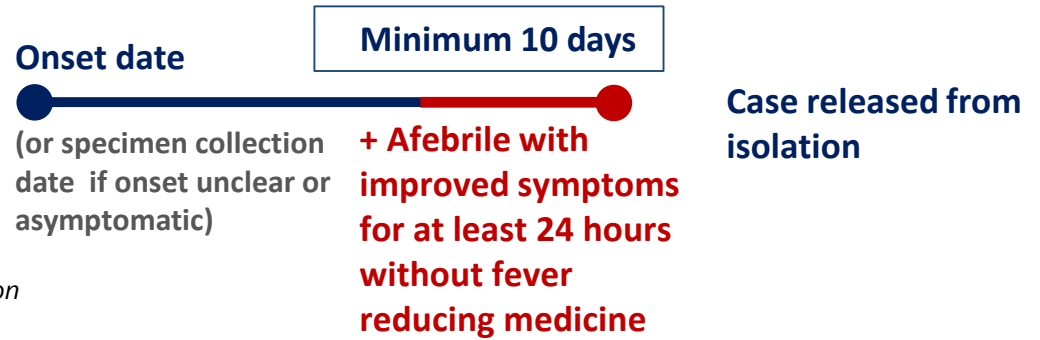
**Adapted from CDC & KS Dept of Health & JCHD*

CASES (+COVID or COVID sx)

Must be isolated for a minimum of 10 days after onset and can be released after afebrile with improving symptoms (without fever-reducing medication) for at least 24 hours, whichever is longer.

**Lingering cough should not prevent a case from being released from isolation*

**True fever is 100.4 F or higher*



HOUSEHOLD CONTACTS (no COVID sx)

Must be quarantined for 14 days after the case has been released from home isolation (because exposure is considered ongoing within the house)

**Household contacts may need to remain at home longer than the initial case*

**People under investigation or awaiting test results for COVID should be treated the same as a person with COVID until proven otherwise investigation or awaiting test results for COVID should be treated the same as a person with COVID until proven otherwise*



WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID for ≥ 15 minutes
- You had direct physical contact with the person (touched, hugged, or kissed)
- You shared eating or drinking utensils
- The person sneezed, coughed, or somehow got respiratory droplets on you
- Any one who had contact with person 2 days prior of symptom onset date

CLOSE CONTACT (no COVID sx)

Must be quarantined for 14 days from the date of last contact with the case.



Who needs to isolate?

Anyone who has COVID-19

- People who have symptoms of COVID-19 and are able to recover at home
- People who have no symptoms but have tested positive for COVID-19

COVID symptoms include:

- Fever (100.4F)
- Cough
- Shortness of Breath
- Fatigue
- Muscle/body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion
- Runny nose
- Nausea/vomiting
- Diarrhea

Steps to take

Stay home except to get medical care

- Monitor your symptoms, if you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members and use a separate bathroom if possible
- Wash your hands frequently
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people

Who needs to quarantine?

Anyone who has been in close contact with someone who has COVID-19.

This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4F), cough, shortness of breath, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
- Stay away from others in your home if possible

CASE EXAMPLES (+ COVID or COVID sx)

- A case that is well on day 2, no fever, and improving symptoms for 24 hours, can be released from isolation on day 10.
- A case that is well on day 6, no fever, and improving symptoms for 24 hours, can be released from isolation on day 10.
- A case that is well on day 14, no fever, and improving symptoms for 24 hours, can be released from isolation on day 15.

HOUSEHOLD CONTACT EXAMPLES (No COVID sx)

- A case is well 3 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.
- A case is well 7 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.