



IMMEDIATE HEALTH ASSOCIATES

clinic phone

URGENT CARES

Updated COVID-19 Isolation and Quarantine Guidance – December 29, 2021

The Centers for Disease Control and Prevention has updated their guidance on COVID-19 isolation and quarantine based on science and what we currently know about how the virus is spread and the effectiveness of the vaccine and booster.

Tested Positive for COVID-19	
Everyone, regardless of vaccination status	<ul style="list-style-type: none"> Isolate and stay home for 5 days from onset of symptoms or from test date if no symptoms. *See Calculating Isolation below If you have no symptoms or your symptoms are improving after 5 days, you can leave your house. *See Calculating Isolation below Continue to wear a mask around others for 5 additional days. *See calculating isolation <i>If you have a fever, continue to isolate and stay home until your fever is gone.</i>
Exposed to Someone with COVID-19	
<i>If you:</i>	<i>Then you:</i>
Are boosted - <i>OR</i> -	<ul style="list-style-type: none"> Do not need to quarantine and may continue normal activities. Wear a mask around others for 10 days. Test on day 5, if possible. <i>If you develop symptoms, get a test, isolate and stay home. *See Calculating Isolation below</i>
Completed the primary series of Pfizer or Moderna vaccine within the last 6 months - <i>OR</i> -	
Received one dose of J&J vaccine within the last 2 months	
<i>If you:</i>	<i>Then you:</i>
Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted - <i>OR</i> -	<ul style="list-style-type: none"> Quarantine and stay home for 5 days. After that continue to wear a mask around others for 5 additional days. *See Calculating Isolation below If you can't quarantine, you must wear a mask for 10 days. Test on day 5, if possible. <i>If you develop symptoms, get a test, isolate and stay home.</i>
Received one dose of J&J over 2 months ago and are not boosted - <i>OR</i> -	
Are unvaccinated	

***Calculating Isolation: Day 0 is the day symptoms start or you have a positive test (but may not have symptoms).**

Day 1 is the first full day after your symptoms developed OR your test specimen was collected.

Using over the counter medications can help you feel better while you are ill.

- **Tylenol 650mg every 6 hours OR Ibuprofen 600mg every 6 hours** can help with fever, headache, body aches, chills, sore throat. **If you have been told by another provider that you should NOT use ibuprofen, Aleve or Aspirin please do not use them.**
- **Delsym** 5ml every 12 hours can help with cough suppression
- **Mucinex-guaifenesin** 1tablet every 12 hours-helps to thin mucus to make it easier to cough/blow it out
- **Mucinex DM** 1 tablet every 12 hours-is guaifenesin plus Dextromethorphan which is a cough suppressant.
- **Mucinex D** 1 tablet every 12 hours-is guaifenesin plus Decongestant which can help with sinus pressure, runny nose. **Those who take medication for high blood pressure should not use decongestants or this medication.**

FACTS ABOUT COVID-19 VIRUS:

- **The above guidelines were established by the CDC to help people return to work/school/daily living more quickly and companies to have a work force to operate and still maintain safety. If your symptoms are not improving, it is recommended to continue quarantine to 10 days. You must be free of fever, vomiting, diarrhea for 24 hours without the use of medication. Cough related to respiratory illnesses usually take longer than 10 days to resolve. Using a cough suppressant is helpful when returning to work. Wearing a mask is best when around others. It may be necessary to consult with provider about the use of an antibiotic for symptoms lasting longer than 10 days.**
- People with COVID-19 have reported a wide range of symptoms – from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. If you have fever, cough, shortness of breath, headache, sore throat, sinus pressure, runny nose, fatigue, muscle aches you might have COVID-19.
- You can be contagious 2 days before symptoms begin.
- The **Rapid Antigen test** is a NAAT (nucleic acid amplified test) that is done at the clinic or home and takes 15-20 minutes to run the test. It tests the antigen part of the COVID virus. These tests are accurate when they are done at a specific time frame.
The Sophia Quidel test (done at the IHA centers), are 97.6-100% accurate for a positive test when done on day 2-4 of symptoms. **After 5 days** the viral level in the body can diminish, leading to a false negative result. **Before day 2**, you may get a false negative test if the amount of virus is lower and not detectable. A repeat test is then recommended in 2-3 days.
After 5 days of symptoms, a PCR lab test (polymerase chain reaction-NAAT test) may be recommended. PCR tests the molecule of the virus. This test may be **used to confirm a negative rapid test if COVID is suspected**. PCR tests are sent to Lab Corp and requires waiting for the results-typically 3-5 days (may be longer during higher community surges of the virus). You may be asked by LabCorp to set up a patient portal. They will upload your results into your portal usually 1 day faster than the clinic receives the results. You may contact LabCorp's customer service directly at 800-845-6167. IHA is not affiliated with LabCorp and will not be able to assist you with your account.
- The CDC does not recommend testing until a negative test is achieved to end quarantine. **Some persons can test positive up to 3 months after testing positive but are not contagious on day 11.**
- Wearing a well fitted 3-layer mask consistently when out of your home will help protect you and others from becoming infected with COVID-19 virus.
- Completing a vaccination series is the best way to protect from developing serious illness, hospitalization. It can decrease the possibility of contracting COVID-19, but it is possible to become infected and transmit the virus to others.

