

KEEPING OUR COMMUNITIES SAFE

ISOLATION INFORMATION

SYMPTOM BASED STRATEGY



EVEN IF FULLY VACCINATED, IF YOU HAD COVID-19 SYMPTOMS AND ARE ABLE TO RECOVER AT HOME

You can leave your **sick room*** and home after three things have happened:

- ☐ At least 10 days have passed since symptoms first appeared, and
- ☐ 24 hours have passed without fever, without fever-reducing medication, and
- ☐ Your other symptoms have improved. Loss of taste or smell might persist for weeks or months and should not delay ending isolation.

* A sick room involves living in a separate room and using a separate bathroom if possible. Don't share personal items. Clean and disinfect your home and frequently touched surfaces often. If you are unable to live alone, wear a mask when around others and have them wear masks too.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

TIME BASED STRATEGY



IF YOU TESTED POSITIVE FOR COVID-19, NEVER HAD SYMPTOMS, AND ARE ABLE TO RECOVER AT HOME

You can leave your sick room and home after two things have happened:

- ☐ At least 10 days have passed since the date of your first positive diagnostic test, and you continue to have no symptoms since the test.
- ☐ If you develop symptoms after beginning isolation for a positive test result, follow symptom-based criteria using test date as the day you begin your isolation.

Be cautious when retesting for COVID-19. Your test results can remain positive for a couple of months, even though you are no longer able to spread the virus.

IMMUNE SUPPRESSED



IF YOU HAD SEVERE ILLNESS FROM COVID-19 OR HAVE A WEAKENED IMMUNE SYSTEM AND ARE RECOVERING AT HOME

You may need to stay home for longer than 10 days after symptoms appear. More than 20 days of isolation may be needed and you may require testing to determine when it is safe to be around others. Please consult with your primary care physician or infectious disease expert before ending isolation.

HEALTHCARE PERSONNEL



IF YOU WORK IN HEALTHCARE AND HAVE COVID-19

Special guidance is applied to all Healthcare personal (HCP) in the context of local circumstances, while at work. HCP full vaccination status, the potential for contact with people at high-risk for severe COVID-19, and employer staffing needs are considered when ending isolation from work duties.



KEEPING OUR COMMUNITIES SAFE WHEN TO END QUARANTINE

IF YOU LIVE WITH SOMEONE WITH COVID-19



**HOUSEHOLD
CONTACT**



STEP ONE

QUARANTINE
with COVID+
HOUSEHOLD
MEMBER
DURING
THEIR
ISOLATION



STEP TWO

**SECOND
QUARANTINE**
BEGINS AFTER
COVID+
HOUSEHOLD
MEMBER IS
RELEASED FROM
ISOLATION

ELIGIBLE
TO TEST
FOR EARLY
RELEASE
ON OR
AFTER
DAY 5

**REMAIN IN QUARANTINE
THROUGH THIS DATE**

DO NOT END QUARANTINE IF SICK

DAY
7

RELEASE
WITH
NEGATIVE
TEST
RESULTS

DAY
10

NO
TESTING
REQUIRED

DAY
14

★
Preferred

If you are able to live completely separate from the person in your house with COVID-19 follow the non-household contact timeframe.
Living separate from your housemate means no contact, no time together in the same room, and no sharing of any spaces such as a bathroom or bedroom.

IF YOUR COVID-19 CONTACT DOES NOT LIVE WITH YOU



**NON-HOUSEHOLD
CONTACT**



ONE STEP

QUARANTINE
FROM DATE OF
LAST CLOSE
CONTACT

ELIGIBLE
TO TEST
FOR EARLY
RELEASE
ON OR
AFTER
DAY 5

**REMAIN IN QUARANTINE
THROUGH THIS DATE**

DO NOT END QUARANTINE IF SICK

DAY
7

RELEASE
WITH
NEGATIVE
TEST
RESULTS

DAY
10

NO
TESTING
REQUIRED

DAY
14

★
Preferred

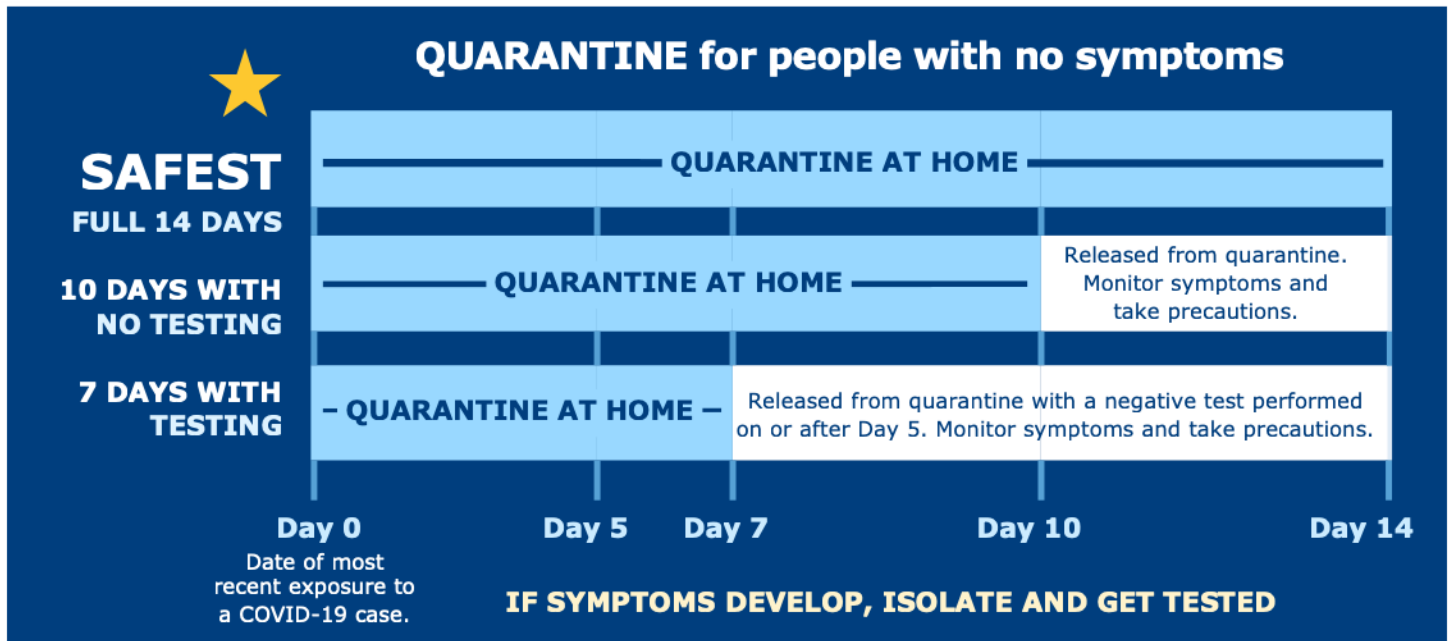
HEALTHCARE PERSONNEL

EXPOSED HEALTHCARE PERSONNEL (HCP)

Work restrictions for HCP take into account their full vaccination status, potential contact with patients at high-risk for severe COVID-19, and employer staffing needs.



KEEPING OUR COMMUNITIES SAFE OPTIONS TO REDUCE QUARANTINE



CAN I TAKE A TEST TO END QUARANTINE?

Yes, testing to end quarantine early for someone with no symptoms may take place on the fifth day after their last known exposure to COVID-19. A map of testing locations in Pennsylvania is [available here](#).

WHO ARE CLOSE CONTACTS?

A close contact is anyone providing care for a person with COVID-19, or living with a person who has COVID-19, or anyone who has been within six feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period. A person with COVID-19 is considered to be contagious starting from two days before they became sick (or two days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

DOES BEING FULLY VACCINATED CHANGE QUARANTINE GUIDELINES?

Yes, A close contact who is fully vaccinated and has no symptoms does not need to quarantine.

IF MY TEST IS NEGATIVE AM I CLEAR?

No, If you were a close contact with someone with COVID-19, have symptoms, and tested negative continue to quarantine. If symptoms persist, consider waiting a couple of days and get tested a second time.

WHERE CAN I GO WHEN QUARANTINED?

As much as possible, stay in a specific room and away from other people and pets in your home. Do not visit public areas. Only leave your home to get medical care.

ANSWER YOUR PHONE

If you test positive for COVID-19, a public health staff member will try to call you within 24 to 48 hours of receiving the test result. They will conduct an investigation or share a [Connect & Protect Form](#) to collect information on the people and places you came in contact with while you were infectious. Also, an exposed contact will hear from a contact tracer who will help to identify needs and be a resource for other health or social service supports.

FRAUD ALERT

The Health Department will never ask you for financial info; including social security, bank account, or credit card numbers.

IF A FRIEND, FAMILY MEMBER, EMPLOYER, OR SCHOOL SAYS YOU ARE A CLOSE CONTACT. . .

PLEASE QUARANTINE AND GET TESTED



pennsylvania
DEPARTMENT OF HEALTH

health.pa.gov

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HELP IS AVAILABLE ISOLATING OR QUARANTINING CAN BE CHALLENGING

If you or someone you know is experiencing a crisis, help is available at **1-877-PA-HEALTH**. (1-877-724-3258) Or, to contact the Crisis Text Line, **Text 'PA' to 741-741** for free, 24/7 crisis counseling. We're here for you.