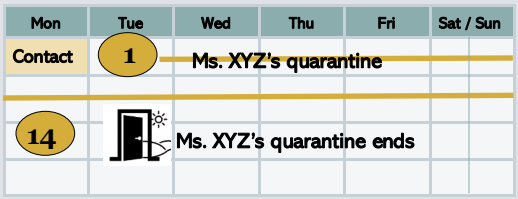
Isolation? COVID-19 Quarantine?

And when can I be around others again?

Close Contact; Quarantine

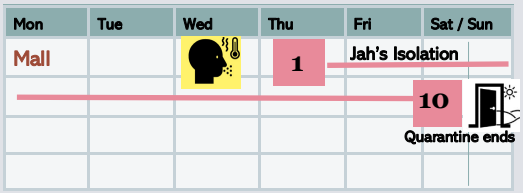
Ms. XYZ had close contact with COVID+ person; she must quarantine x 14 days from last contact and get tested. Regardless of test result, Ms. XYZ must complete 14 days before coming back to work/school.



Ms. XYZ never has symptoms and quarantine ends after day 14.

Ill with COVID; Isolate

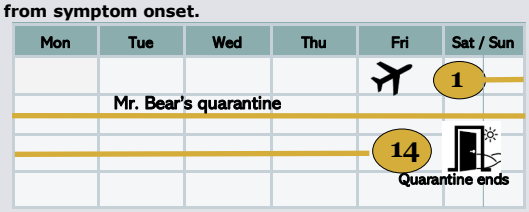
Jah becomes ill a few days after going to a mall. They isolate for full 10 days from the onset of symptoms & 24-hour fever-free without the use of analgesic (eg. Motrin, Tylenol, Advil, etc). Isolate regardless of mild illness and test result given they may have been exposed at the mall.



Jah's illness was brief but they did test positive for COVID and isolated for the full 10 days.

Traveled; Quarantine

Mr. Bear traveled out-of-state for a three day conference and returned Friday evening. He must quarantine x 14 days, wear a mask, distance, wash hands, and monitor his health before returning to work/school. If he becomes ill during quarantine he will isolate for 10 days from symptom onset.



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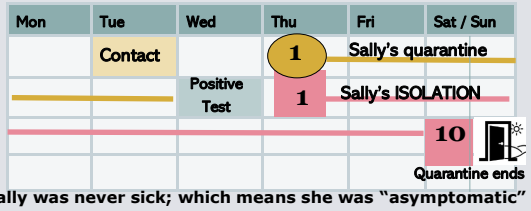
COVID+; Not Ill; Isolate

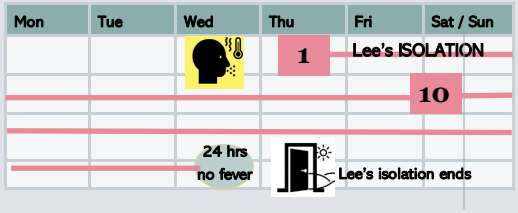
Sally played at school with a friend who tested positive for COVID. Sally began quarantine when they found out and then her mom took her for a COVID test and it was positive; even though she feels absolutely fine! Now she will isolate for 10 days from the positive test.



Sally was never sick; which means she was "asymptomatic" or without symptoms.

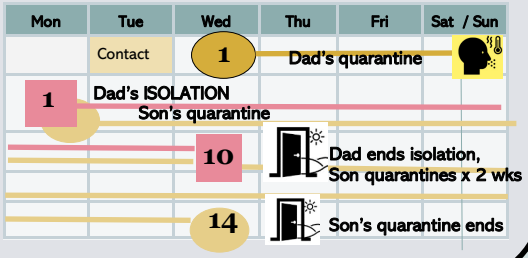
Isolating, But Still Sick

Lee becomes ill with a fever, cough, and headache that goes on longer than their 10 day isolation. They cannot end isolation until it's been 10 days AND they are 24-hour fever-free without the use of analgesic (eg. Motrin, Tylenol, Advil, etc



Household COVID Contact

Son lives with his Dad who was exposed at work. Dad was in quarantine and became ill on 5th day. Now Dad isolates while Son quarantines; but, Son is young so Dad can't fully isolate and Son is considered exposed and will have to quarantine an additional 14 days *AFTER* Dad's isolation ends or he is fever/symptom free x 24 hours.



For more information call the Bandelier ES Health Office at 505-255-8744 x 27411 or check out our website: http://bandelier.aps.edu/nurse