



## While Waiting For Your COVID-19 Test Results:

- 1 Stay home and distance from others.
- 2 Don't go to work, school, or visit with others outside your home.

! The Audrain County Health Department has implemented limited investigations for all positive COVID-19 cases. You may or may not be contacted by the Health Department. Please follow these recommendations to keep yourself and others safe.

! Please contact your physician if you begin to experience any worsening symptoms. If you develop shortness of breath or difficulty breathing you should seek immediate medical attention.

### My COVID-19 Test Results Are:

#### POSITIVE

Are you an Audrain County Resident?

#### YES

Are you having symptoms?

#### YES

Stay home and distance from others until:

- 1 10 days have passed since your symptoms started **AND**
- 2 24 hours after your fever is gone without using medication **AND**
- 3 Your other symptoms have improved (loss of taste and smell should not delay end of isolation).

*\* Please see example below*

#### NO

Please follow the guidance of your local county health department

#### NO

Stay home and distance from others for 10 days after your test was collected.

I should identify my close contacts and notify them.  
See page 2 for close contact education.

#### NEGATIVE

Have you been identified as a close contact to a positive COVID-19 case?

#### YES

See page 2 for further guidance

#### NO

Return to normal activities once fever free for 24 hours and feeling better

### HOW LONG DO I HAVE TO STAY HOME? (FILL IN THE BLANKS)

Date I first felt sick:

Date 10 days later:

My fever was gone on:

Date 24 hours after last fever:

My other symptoms got better on\*:

Circle the latest date.  
Stay home until:

i.e. 9/10

i.e. 9/20

i.e. 9/15

i.e. 9/16

i.e. 9/21

i.e. 9/21



## Who Should I Identify As a Close Contact?

Starting 48 hours before symptom onset or, in the absence of symptoms, 48 hours before the test was collected:

- Someone who was within 6 feet of me for a total of 15 minutes or more, regardless of cloth face covering.
- Someone who had higher risk of exposure such as someone I kissed, shared eating utensils with, and/or sneezed or coughed on.

### I have identified my close contacts. I should advise them to:

- Stay home and distance from others for 10 days from last date of close contact.
- Don't go to work, school, or visit with others outside your home.

#### THEY ARE HAVING SYMPTOMS

##### HAS TESTED POSITIVE

Please follow the guidance on page 1.

##### HAS TESTED NEGATIVE

Continue to stay home and distance from others for 10 days from last date of close contact.

#### THEY ARE NOT HAVING SYMPTOMS

Stay home and distance from others for 10 days from last date of close contact. May end quarantine after 7 days with negative PCR or antigen test results.

If they become ill, they should reach out to their primary care physician or local urgent care.

### QUARANTINE FOR UNVACCINATED PEOPLE WITH NO SYMPTOMS

**NOTE: Fully vaccinated individuals with no symptoms do not need to quarantine.**

**SAFEST:**  
Full 14 days

Quarantine at Home

10-day with  
no testing

Quarantine at Home

Released from quarantine,  
but monitor for symptoms  
and take precautions\*

7-day with  
testing

Quarantine at Home

Released from quarantine after receiving  
negative test result, but monitor for  
symptoms and take precautions\*

Day 0  
Date of most  
recent exposure

Day 5  
Earliest day  
to get a test

Day 7

Day 10

Day 14

\*If symptoms develop, isolate and get tested.

Please visit [myACHD.org](https://myACHD.org) for additional information