

WHITMAN COUNTY PUBLIC HEALTH QUARANTINE GUIDELINES

Quarantine is a critically important strategy to reduce the spread of illness. Quarantine means you stay home and away from others in case you are infectious or contagious. If you test positive for COVID-19, have symptoms of COVID-19, or are identified as a COVID-19 close contact, Whitman County Public Health asks that you quarantine as appropriate.

WHEN TO QUARANTINE

If you test positive

If your test result comes back positive, quarantine immediately. You will be contacted by the health department to discuss your quarantine period and identify close contacts. We encourage you to inform your employer and those you've had recent contact with of your test result. Keep all members of the household home.

If you are a close contact

COVID-19 close contacts are asked to quarantine and monitor for symptoms. Due to the nature of case interview participation being voluntary, not all close contacts are disclosed to the health department. If you know that you were in close contact with someone who tested positive, please quarantine regardless of whether you are contacted by a contact tracer.

If you are waiting for test results

While waiting for test results, it is strongly recommended to quarantine, especially if you are experiencing symptoms of COVID-19 or have been identified as a close contact. If you are tested for screening purposes and you are not having COVID-19 symptoms, we still encourage quarantining if possible.

HOW LONG TO QUARANTINE

If you test positive

Quarantine for a minimum of 10 days since your symptoms first appeared. If you are asymptomatic, quarantine for a minimum of 10 days since your test date. If you are having symptoms on or after day 10, continue to quarantine until symptoms have resolved. If you have severe COVID-19 illness (requiring hospitalization), you should remain quarantined for at least 20 days.

If you are a close contact

Close contacts are asked to quarantine for a minimum of 10 days since the date of last exposure, although a **14-day quarantine period is strongly recommended**. The date of last exposure for close contacts in the same household is determined by the ability to successfully isolate from each other in the home. Please get tested and continue to quarantine if symptoms appear. A negative test does not change the required quarantine period, except for in specific circumstances.

If you are having COVID-19 or cold-like symptoms but have not been exposed

Those experiencing COVID-19 or cold-like symptoms are asked to get tested and to quarantine. Common symptoms can include: fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, and loss of taste and smell. If test result comes back positive, see *If you test positive* sections. If test result comes back negative, continue to quarantine until symptoms resolve. Remember, we are all in this together!

For more information about COVID-19 guidelines visit
www.whitmancountypublichealth.org