

# COVID-19 Instructions

## Isolation

- A 10-day isolation is recommended as ideal. Isolate for 10 days from your day of symptom onset.
  - The day your symptoms started is considered "Day 0" and then you count 10 days from there
  - Day 10 is your last day of isolation and on Day 11 you can stop isolating if you have been fever-free (fever = 100.4F) for 24 hours (without fever-reducing medication) AND your symptoms are gone or almost gone
  - If you isolate for the full 10 days and are feeling better at that time, *it is not recommended that you retest*
- If your symptoms are better on Day 6 (and you have had 24 hours without fever), then you can take an ANTIGEN test (a rapid home test kit):
  - If that home antigen test result is negative, you can stop your isolation, but you must wear a mask for at least the remainder of your 10 days since symptom onset
  - If you are retesting any time between Day 6 and Day 10, it is important that you do not retest with a PCR test (the type that we have at the hospital) - these tests are very sensitive and may test positive for up to 90 days from your original positive test, so don't really tell you if you are still contagious
  - If you retest with home antigen test anytime from Day 6 to Day 10 and are still positive, continue to isolate
  - On Day 11, as long as you are feeling better, you can discontinue your isolation and don't need to keep retesting. However, if you know that you are still testing positive on the home antigen test, you should wear a mask around others.
  - You can order free home test kits every month from the state of WA (they arrive in just a few days):  
<https://sayyescovidhometest.org/>

## Questions/Concerns

- Call the COVID hotline (360-344-3094) if you have any questions or concerns (it is staffed 8am-5pm, 7 days/week)
- Go to the Emergency Department or call 911 if you have any severe symptoms (chest pain, shortness of breath)

## Exposure

- You were considered contagious 2 days before your symptoms started (or 2 days before your positive test, if you didn't have any symptoms).
  - Please inform anyone who you were in close contact with from that date until you started isolating that you tested positive
  - You can refer them to the Testing Flowchart on the Jefferson County Public Health Department's website: <https://www.jeffersoncountypublichealth.org/1429/COVID-19> (you can copy and paste this web address into your web browser)