

COVID-19 Illness and Quarantine Guidelines

In all cases, please inform Jeanne Pentorali, Executive Director at Jeanne.pentorali@fics.us

PERSON A	PERSON B	PERSON C	PERSON D	PERSON E
<p>Any person who has tested positive for COVID-19 & confirmed with lab result</p> <p>With symptoms:</p> <p>Isolation until the following requirements have been met:</p> <ul style="list-style-type: none"> 10 days since symptoms first appeared and 24 hours* (1 day) with no fever (without the use of fever-reducing medicine) and Symptoms have improved <p>*The 24 hours without fever may possibly occur within the 10 days of isolation, or after the 10 days</p> <p>Without symptoms (asymptomatic):</p> <p>Isolate for 10 days from test date:</p> <ul style="list-style-type: none"> Monitor self for symptoms, take temperature twice a day <p>Released from isolation after 10 days have passed as long as no symptoms have been present</p>	<p>Any person who is solely symptomatic or who has tested for COVID-19 due to symptoms and waiting for lab results</p> <p>With symptoms:</p> <p>Isolation until the following requirements have been met:</p> <ul style="list-style-type: none"> 10 days since symptoms first appeared and 24 hours* (1 day) with no fever (without the use of fever-reducing medicine) and Symptoms have improved <p>*The 24 hours without fever may possibly occur within the 10 days of isolation, or after the 10 days</p> <p>*If Person B receives a negative test result, employee may return to work sooner than the 10 days as long as their symptoms have resolved.</p>	<p>Any person who lives in the same household with Person A OR Symptomatic Person B</p> <p>If Person C is without symptoms (asymptomatic):</p> <ul style="list-style-type: none"> Quarantine for 10 days following date of last exposure including complete separation from the person in your house with COVID-19. This means no contact, no time together in the same room, and no sharing of any spaces, such as same bathroom or bedroom. Quarantine to continue for 10 days after Person A completes isolation if unable to avoid exposure to Person A. <p>*If person B receives a negative test result, then Person C does not need to quarantine.</p> <p>*If person C becomes symptomatic, contact office for next steps.</p>	<p>Any person with close contact with Person A OR Symptomatic Person B* (>15 min (cumulative per day), < 6 feet)</p> <p>Quarantine immediately for 10 days** following date of last exposure</p> <ul style="list-style-type: none"> Contact the office with any questions 559-248-7060 Monitor self for symptoms, take temperature twice a day Notify Primary Care Provider if symptoms develop <p>*If Person B receives a negative test result, then Person D does not need to quarantine.</p> <p>**If a healthcare worker is quarantined, the length of quarantine is reduced to 7 days with a negative test result after day 5.</p>	<p>Any person who has had exposure to Person C OR D</p> <p>NO QUARANTINE OR ACTION REQUIRED unless:</p> <p>Person C develops symptoms OR tests positive and Person E had contact within 14 days (timeline should start 2 days before Person C develops symptoms) then:</p> <ul style="list-style-type: none"> Contact Primary Care Provider to see about testing Contact the office with questions regarding times and exposure Clear on daily self-health screening tool

Recovered and Released

Definitions:

Isolation separates infected people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick,

Close Contact a person within 6 feet for more than 15 minutes (cumulative per day), regardless of whether person (s) are wearing a mask, starting from 48 hours before the person began to feel sick.

For more information on COVID-19, please refer to the Fresno County Department of Public Health website or call at 559-600-3332