

# Iowa County Health Department COVID-19 Guidance

Summary of updated guidance based on CDC recommendations as of 5.11.2023

Isolation for Positive Cases	Exposure Guidance	Testing Guidance
<p><b>No symptoms:</b> day 0 = day tested. End isolation after 5 days. <i>If you develop symptoms within 10 days of being tested, you restart and day 0 is the day of symptom onset.</i></p> <p><b>Symptoms:</b> day 0 = symptom onset. End isolation after day 5 (<i>If symptoms are improving and you are fever free without using fever reducing medications for 24 hours.</i>). <i>Continue isolation if NOT improving.</i></p> <p><b>NOTE: Moderate illness</b> (<i>experienced shortness of breath or had difficulty breathing</i>)-<b>isolate through day 10.</b></p> <p><b>Severe illness</b> (<i>hospitalized</i>) or have a weakened immune system-<b>isolate through day 10, Consult your doctor</b> before ending isolation, ending isolation without a viral test may not be an option for you.</p> <p><b>In all cases, if you test positive, you should mask through day 10.</b></p> <ul style="list-style-type: none"> <li>• Anyone unable to wear a mask should isolate for 10 days. (Includes 2 years and younger)</li> <li>• Regardless of when you end isolation, you should avoid being around those who are likely to get very sick until day 11 and wear a well-fitted high-quality mask at home and indoors in public.</li> <li>• Once out of isolation, if symptoms recur or worsen, restart isolation from day 0.</li> </ul> <p><b>Masking exception:</b> Once out of isolation (day 6), a person may choose to do additional testing to shorten the number of masking days. If two antigen tests, taken 48 hours apart (i.e., day 6 and 8) are <b>negative</b>, masking may be discontinued on the day of the second negative test. (Sooner than day 10).</p> <p>Isolation and exposure calculator: <a href="#">Isolation and Precautions for People with COVID-19   CDC</a></p> <p><a href="#">CDC Isolation Guidance</a></p>	<p>Wear a mask as soon as you find out you were exposed.</p> <p>Day 0 = last exposure to someone with COVID-19.</p> <p>Continue precaution for 10 full days.</p> <p><b>Take Precautions:</b> Wear a high-quality mask or respirator (i.e., N95) around others inside your home or indoors in public.</p> <p><b>Watch for symptoms:</b></p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• shortness of breath</li> <li>• other COVID-19 symptoms</li> </ul> <p><b>If you develop symptoms:</b> isolate immediately, get tested, stay home until you have a result.</p> <p>If your test result is positive, follow isolation recommendations.</p> <p><b>Get Tested Day 6</b> – even if you don’t develop symptoms. If you test too early, you may be more likely to get an inaccurate result. *If you already had COVID-19 within the past 90 days, see specific testing recommendations.</p> <p>- <b>If you test Negative</b> – continue taking precautions through day 10 (you can still develop COVID-19 up to 10 days after you have been exposed).</p> <p>+ <b>If you test Positive</b> – isolate immediately.</p> <p><b>NOTE:</b> As noted in the Food and Drug Administration labeling for authorized over-the-counter-antigen tests; negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. Wearing a high-quality mask when indoors around others (including inside your home).</p> <p><b>If you have a medical emergency, do not delay seeking emergency care.</b></p> <p><a href="#">CDC Exposure Guidance</a></p>	<p>Choose the right test for your circumstance.</p> <p>If you have <u>symptoms</u>, test <b>immediately</b>.</p> <p><b>PCR test (Polymerase Chain Reaction test)</b></p> <ul style="list-style-type: none"> <li>• “Gold Standard”-more likely to detect the (COVID) virus than antigen tests.</li> <li>• May take up to 3 days for results.</li> </ul> <p><b>Antigen (home) Test</b></p> <ul style="list-style-type: none"> <li>• Positive results are very accurate and reliable.</li> <li>• Less likely to detect the (COVID) virus than PCR tests, especially when symptoms are not present.</li> </ul> <p>If your antigen test is negative, take another test after 48 hours or take a PCR test as soon as you can.</p> <p>If you have <b>NO symptoms</b>, but have been <u>exposed</u>, test as above, but, if your second antigen test is also negative, wait another 48 hours and test a third time.</p> <ul style="list-style-type: none"> <li>• Consider testing before contact with someone at high risk for severe COVID-19.</li> </ul> <p><b>Choosing a COVID-19 test</b></p> <p><b>Within 90 days of infection, do not PCR test again, as this can pick up prior infection.</b></p> <p><b>Repeat negative tests following FDA recommendations, unless otherwise noted.</b></p> <ul style="list-style-type: none"> <li>• Within 30 days of your first positive test – if you <b>have</b> symptoms – antigen test.</li> <li>• Within 30 days of your first positive – if you do <b>NOT</b> have symptoms – testing is <b>NOT</b> recommended.</li> <li>• 31-90 days from your first positive test – if you <b>have</b> symptoms – antigen test.</li> <li>• 31-90 days from your first positive – if you do <b>NOT</b> have symptoms – antigen test.</li> </ul> <p><a href="#">CDC Testing Guidance</a> <a href="#">FDA Testing Guidance</a></p> 