


# Iowa County Health Department COVID-19 Guidance

## Summary of updated guidance based on CDC recommendations as of 8.11.2022

Isolation for Positive Cases	Exposure Guidance	Testing Guidance	Masking Guidance
<p><b>No symptoms:</b> day 0= day tested. End isolation after day 5. <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>).</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.</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 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> <i>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.</i></p>	<p><b>Quarantine is no longer recommended</b></p> <ul style="list-style-type: none"> <li>• Wear a mask for 10 days from exposure</li> <li>• Get tested</li> <li>• If you suspect you have COVID-19 and get tested, you should isolate while your results are pending.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have symptoms, test immediately.</li> <li>• If you were exposed to COVID-19 and do <b>NOT</b> have symptoms, wait at least 5 full days after your exposure before testing. If you test too early , you may be more likely to get an inaccurate result.</li> <li>• Consider testing before contact with someone at high risk for severe COVID-19, especially if you are in an area with a medium or high COVID-19 Community Level.</li> </ul> <p><b>Within 90 days of infection, do not PCR test again, as this can pick up prior infection.</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. Multiple antigen tests may be needed</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. Multiple antigen tests may be needed.</li> <li>• 31-90 days from your first positive –if you do <b>NOT</b> have symptoms but are required to test - antigen test. Multiple antigen tests may be needed.</li> </ul>	<p>Community transmission level can be found on the Iowa County COVID-19 Information webpage under COVID-19 Weekly Snapshot.</p> <p>People who have known or suspected exposure to COVID-19 should wear a well-fitting mask or respirator around others for 10 days from exposure, regardless of vaccination status or history of prior infection.</p> <div data-bbox="2000 1056 2458 1349" style="text-align: right;">  <p><b>IOWA COUNTY</b> WISCONSIN HEALTH DEPARTMENT</p> </div>