

What is **QUARANTINE?**

During the COVID-19 Pandemic



To quarantine means to isolate yourself. During quarantine, you must take actions to prevent unintentionally spreading COVID-19 to uninfected people.

Actions to take during Quarantine:

- **Stay at least 6 feet away from others (When this is not possible, wear a cloth face covering)**
- Restrict activities and limit all movements that may put you in contact with others during the quarantine period
- Stay home. Do not go to work, school, or public areas
- You may only leave your place of quarantine or enter another public or private place to get necessary medical care
- Do not allow visitors
- Separate yourself from others in your home (unless they are also in quarantine)
- Stay in a specific room and away from other people in your home
- It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system
- Use a separate bathroom, if available
- Do not handle pets or other animals
- Do not prepare or serve food to others

Ending QUARANTINE

If you have Confirmed COVID-19 or Suspected COVID-19 (meaning you did not get tested), you can leave quarantine/isolation and go back to work when all of the following are true:

- A)** It has been 14 days since your symptoms first started; AND
- B)** You have had at least 4 days in a row with no fever at all; AND
- C)** During those 4 days, you have not taken any fever-reducing medication such as Tylenol, Acetaminophen, Advil, Ibuprofen, Aleve, or Naproxen; AND
- D)** Improvement in symptoms

People may continue to test positive on a viral test long after they have recovered from COVID-19. You can end isolation and return to work if all of A, B, C and D are true even if you have one or more positive viral tests beyond 14 days after your symptoms first started. If you meet all the above criteria, you are considered not contagious and no further testing is warranted unless you develop any new symptoms.

If you have Confirmed COVID-19, but never had symptoms, you can return to work 14 days after the date of your positive test. If a work excuse letter, or letter for documentation of your COVID-19 status is needed, please inform the provider, and we will make arrangement for you to pick up or mail the letter to the listed address on file.

Retesting for POSITIVE CASES

GRHC will not retest people with **Confirmed COVID-19**. This is because:

- A)** You don't need a nasal or blood test to discontinue home quarantine
- B)** Only patients that meet certain requirements* will need two negative tests before they can discontinue quarantine
- C)** Some people may continue to have a positive test result for several weeks after full recovery and they are not considered to be contagious
- D)** Dead virus particles can still show up as a positive viral test but are not considered contagious
- E)** Retesting Confirmed COVID-19 patients can lead to people being out from work and in isolation longer than they need to be

*Patients requiring two negative tests results 24 hours apart before discontinuing quarantine include: Dialysis patients/employees, The Caring House patients/employees, severely immunocompromised patients, Department of Rehabilitation and Supervision inmates, and caregivers of severely immunocompromised patients.

