# KEEP YOUR COMMUNITY SAFE

## WHEN TO END ISOLATION

### SYMPTOM-BASED STRATEGY

**EVEN IF VACCINATED, IF YOU HAVE COVID-19 SYMPTOMS AND ARE ABLE TO RECOVER AT HOME**

You can leave your separate room and home when at least 5 days have passed since symptoms began and your symptoms have ended or improved and you have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers).

Wear a mask around people until day 10 to minimize the risk of infecting others you encounter. If you cannot mask due to disability or if the individual is under age 2, continue to stay home for 10 days.

When counting days, Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

See page 2 for guidelines relating to members of a COVID-positive household.

### TIME-BASED STRATEGY

**EVEN IF VACCINATED, IF YOU TEST POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS**

You can leave your separate room and home when at least 5 days have passed since the date of your first positive test and you continue to have no symptoms since you were tested.

Wear a mask around people until Day 10 to minimize the risk of infecting others you encounter. If you cannot mask due to disability or if the individual is under age 2, continue to stay home for 10 days.

When counting days, Day 0 is the date of your positive viral test. Day 1 is the first full day after your positive test was administered.

If you develop symptoms after beginning isolation for a positive test result, restart isolation following the symptom-based criteria above. Your 5-day isolation period will start over.

### IMMUNE SUPPRESSED

**AT ANY AGE, EVEN IF VACCINATED, IF YOU HAD SEVERE ILLNESS FROM COVID-19 OR HAVE A WEAKENED IMMUNE SYSTEM**

Your isolation timeline may need to be extended to protect you and others. Isolation is recommended for at least 10 days and can be extended for up to 20 days. Testing may be required to determine when it is safe for you to be around others. Talk with your primary care physician or infectious disease expert before ending isolation.

### VACCINATED

**IMMUNITY FROM DISEASE AND/OR VACCINATION DECREASES OVER TIME, FOLLOW CDC GUIDANCE TO MAXIMIZE IMMUNITY**

All individuals with symptoms of being sick (regardless of vaccination status) should immediately isolate and get tested. If the test results are positive, follow the symptom-based isolation strategy.

**IF YOU HAVE HAD CONTACT WITH SOMEONE WITH COVID-19**

See page 2 for guidelines relating to quarantine.

### HEALTHCARE PERSONNEL

**IF YOU WORK IN HEALTHCARE AND HAVE COVID-19**

*Special guidance* is applied to all Healthcare personnel (HCP) in the context of local circumstances, while at work. HCP vaccination status, the potential for contact with people at high-risk for severe COVID-19, and employer staffing needs are considered when ending isolation from work duties.
**Keep Your Community Safe**

**When to End Quarantine**

**If You**

*Live with someone with COVID-19 and you are unvaccinated or are not up-to-date on your vaccinations or have not tested positive for COVID in the previous 90 days*

*Household Contact*

- **Day 0** Quarantine begins after COVID positive household member is released from their isolation.
- **Day 5** Viral test on day 5 of your quarantine.
- **Day 10** Release from quarantine.
- **Day 15** Wear a well-fitting mask to minimize your risk of infecting others beginning on day 0.

*Do not end quarantine if you are sick* if at any time during your stay at home you develop symptoms continue to stay home and get tested.

**If Your**

*Covid-19 contact does not live with you and you are unvaccinated or are not up-to-date on your vaccinations or have not tested positive for COVID in the previous 90 days*

*Non-Household Contact*

- **Day 0** Quarantine after being notified of being a close contact if you are not vaccinated and boosted.
- **Day 5** Viral test on day 5.
- **Day 10** Wear a well-fitting mask to minimize your risk of infecting others beginning on day 0.

*Do not end quarantine if you are sick* if at any time during your stay at home you develop symptoms continue to stay home and get tested.

**If You**

*Are up-to-date date on your vaccinations*

- **Day 0** No need to quarantine after being notified of being a close contact.
- **Day 5** Viral test on day 5.
- **Day 10** Wear a well-fitting mask to minimize your risk of infecting others beginning on day 0.

*If at any time you develop symptoms stay home and get tested.*

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If you are able to live completely separate from the person in your house with COVID-19 follow the non-household contact timeframe. Living separately from your housemate means no contact, no time together in the same room, and no sharing of any spaces such as a bathroom or bedroom.
WHO CAN GET A BOOSTER

COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccination.

People are protected best from severe COVID-19 illness when they stay up-to-date with their COVID-19 vaccines, which includes getting all recommended boosters when eligible.

There are different COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised.

<table>
<thead>
<tr>
<th>WHO SHOULD GET 1 BOOSTER</th>
<th>WHO SHOULD GET 2 BOOSTERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone ages 5 years and older should get 1 booster after completing their COVID-19 vaccine primary series, if eligible.</td>
<td>Adults ages 50 years and older</td>
</tr>
<tr>
<td>Some people ages 12 years and older who are moderately or severely immunocompromised.</td>
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</tbody>
</table>

Questions? use this tool to determine when or if you (or your child) can get one or more COVID-19 boosters. COVID-19 Vaccine Boosters | CDC

WHERE CAN I GET TESTED FOR COVID-19?
A map of testing locations in Pennsylvania is available here.

DOES BEING “UP-TO-DATE” CHANGE QUARANTINE GUIDELINES?
Yes, to avoid quarantine you must be up-to-date on COVID-19 vaccinations. Use the CDC’s COVID-19 booster tool to learn if and when you can get boosters to stay up-to-date with your COVID-19 vaccines.

WHO ARE CLOSE CONTACTS?
A close contact is anyone providing care for a person with COVID-19, or living with a person who has COVID, or anyone who has been within six feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period. A person with COVID-19 is considered to be contagious starting from two days before they became sick (or two days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

IF A FRIEND, FAMILY MEMBER, EMPLOYER, OR SCHOOL SAYS YOU ARE A CLOSE CONTACT AND YOU ARE NOT UP TO DATE ON YOUR COVID-19 VACCINATIONS, STAY HOME AND GET TESTED

WHERE CAN I GO WHEN QUARANTINED?
As much as possible, stay in a specific room and away from other people and pets in your home. Do not visit public areas. Only leave your home to get medical care.

ANSWER YOUR PHONE
If you test positive for COVID-19, a public health staff member may try to call you within 24 to 48 hours of receiving the test result. They may conduct an investigation or share a Connect & Protect Form to collect information on the people and places you came in contact with while you were infectious. Also, an exposed contact may hear from a contact tracer who will help to identify needs and be a resource for other health or social service supports.

FRAUD ALERT
The Health Department will never ask you for financial information; including social security, bank account, or credit card numbers.

HELP IS AVAILABLE
If you or someone you know is experiencing a crisis call 1-877-PA-HEALTH (1-877-724-3258)

To contact the Crisis Text Line
Text ‘PA’ to 741-741 for free, 24/7 crisis counseling

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