

## COVID-19 Positive

The Purchase District Health Department is working with the best interests of our community in reference to statewide guidance and in consultation with the Kentucky Department of Public Health to promote an efficient, standardized, sustainable system supporting all Kentuckians. By rapidly identifying and isolating new COVID-19 Cases, the PDHD maintains a high-yield public health intervention to mitigate unrestrained spread of disease. All new COVID-19 cases will be provided written and/or verbal education related to exposure criteria and they will be asked to notify all family, friends, coworkers, and any others who may meet exposure criteria to self quarantine for up to 14 days.

### Isolation guidance for COVID-19 Positive Persons:

- **If asymptomatic:** isolate for 5 days after your test, and continue to wear a mask around others for an additional 5 days.

#### OR

- They 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)

#### AND

- Their other symptoms have resolved after at least 5 days.

#### AND

- They should continue to wear a mask around others for 5 additional days.

### Self-isolation means:

- Stay home. Do not go out in public.
- Do not have others visit your home.
- Limit exposure with others that live with you:
  - Stay in a separate room from other household members, if possible
  - Use a separate bathroom, if possible
  - Avoid contact with other members of the household and pets
  - Do not share personal household items, like cups, towels, and utensils
  - Wear a mask when around other people, if possible

### Infectious Period

**Asymptomatic:** Infectious period for asymptomatic cases is defined as 48 hours before testing through 10 days after the first date the patient tested positive for COVID-19.

**Symptomatic:** Infectious period for symptomatic cases is defined as 48 hours before illness started until the patient is fever free for at least 24 hours **AND** other symptoms have improved **AND** at least 10 days have passed since the first symptom began.

Tell your close contacts that they need to quarantine.

***Definition of a Close Contact***

***A “close contact” is defined as any of the following people who were exposed to you while you were infectious.***

- a. Any person who was within 6-feet of you for a total of 15 minutes or more over a 24-hour period.***
- b. Any person who had unprotected contact with your bodily fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.***

***NOTE: You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appeared until your isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test.***

If you have a positive diagnostic test result for COVID-19, you should notify your close contacts that they could be infected and recommend quarantine for up to 5 days after their last contact with you, and continue to wear a mask around others for 5 additional days. If they can't quarantine, they must wear a mask around others for 10 days.

**...but what about contacts to close contacts?**

Since contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted.

**Vaccinations and Quarantine**

If your close contact has been boosted OR completed the primary series of the Pfizer or Moderna vaccine within the last 6 months/completed the primary series of Johnson and Johnson vaccine within the last 2 months, they should wear a mask around others for 10 days. They should also test on day 5, if possible.

If your close contact has completed the primary series of the Pfizer or Moderna vaccine over 6 months ago and are not boosted, or completed the primary series of the Johnson and Johnson vaccine over 2 months ago and are not boosted, they should quarantine for 5 days. After that, they should continue to mask around others for 5 additional days. If they can't quarantine, they must wear a mask for 10 days. They should also test on day 5, if possible.

# COVID-19 Patient Guidance

If you test positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

## WHAT TO DO



**If you test positive for COVID-19 or think you may have COVID-19, self isolate.**

Stay home and self-isolate for at least 5 days from the first day of your illness or the date you were tested. To calculate the isolation period, day 1 is the day after symptoms start/day of test. Isolation can end after day 5 if your symptoms are fully resolved or if you have never had symptoms. Continue to wear a well-fitting mask when around others for a total of 10 days. You should isolate for 10 full days if you continue to have symptoms. You should also isolate for 10 full days from places where you cannot properly and consistently wear a mask around others even if you do not have symptoms.



**If you been tested, stay home while you wait for your test results** to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19.

**You may or may not have symptoms.**

You may have symptoms or no symptoms at all but could still spread the COVID-19 virus to others. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If you develop symptoms and you feel you need care, contact your medical provider.



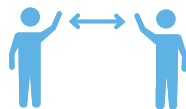
**Contact your friends, family, and your work.**

If you test positive, quickly tell your close contacts. This is critical to slowing the spread.

## CLOSE CONTACTS



Starting 2 Days  
Before Symptoms Began  
OR Before COVID-19 Test



Within 6 feet



For 15 Minutes  
OR MORE

- Your close contacts who are not fully vaccinated or who are booster-eligible\* but not yet boosted should quarantine for 10 full days if they have NO symptoms. Quarantine may be shortened to 5 days if they have NO symptoms and test negative on or after day 5 of quarantine and wear a mask when around others for 10 days.
- Your close contacts who are boosted or who are fully-vaccinated but not yet booster-eligible\* do not need to quarantine if they have NO symptoms since last seeing you. They should get tested 5 days after their last exposure and wear a mask when around others for 10 days.

\*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series  $\geq 6$  months or their J&J/Janssen vaccine  $\geq 2$  months ago.

Jan. 3, 2022



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KENTUCKY CABINET FOR  
HEALTH AND FAMILY SERVICES

# Have you been exposed to or tested positive for COVID-19?

If you have tested **POSITIVE FOR COVID-19** and have **SYMPTOMS**:

Isolate for

**10**

**DAYS** from the date symptoms began.

- If symptoms fully resolve, isolation may be shortened and end after day 5 on the first day without symptoms.
- Wear a well-fitting face mask for 10 full days since the start of symptoms. Isolation should not be shortened if a mask cannot be worn properly and consistently.

If you have tested **POSITIVE FOR COVID-19** and have **NEVER HAD SYMPTOMS**:

Isolate for

**5**

**DAYS** from the date you had your test done.

- Wear a well-fitting face mask for 5 additional days.
- Isolation should be extended to 10 days if a mask cannot be worn properly and consistently.

If you are **not fully vaccinated OR booster-eligible\*** but not yet boosted and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

Quarantine for

**10**

**DAYS** from your last exposure.

- Quarantine may be shortened to 5 days if you have no symptoms and test negative for COVID-19 on day 5.
- Wear a well-fitting face mask for 10 days from your last exposure.
- Stay home and get a test if symptoms develop.

If you are **boosted or fully-vaccinated but not yet booster-eligible\*** and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 full days from your last exposure.
- Get tested for COVID-19 on day 5.
- Stay home and get a test if symptoms develop.

\*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series  $\geq$  6 months ago or their J&J/Janssen vaccine  $\geq$  2 months ago.

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January 3, 2022  
[KYCOVID19.KY.GOV](https://KYCOVID19.KY.GOV)

  
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# Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

## Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

## Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

## Shortness of breath



This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# 10 things you can do to manage your COVID-19 symptoms at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

