



## COVID-19 QUARANTINE & ISOLATION QUICK REFERENCE GUIDE

If you test positive for COVID-19 or you are a guardian of a minor who tested positive for COVID-19 or you are a close contact of a positive person, here is what you need to know:

QUARANTINE	ISOLATE
<b>Close Contacts</b>	<b>Positive Test Results</b>
<p>Stay at home and get tested 5 days from the last date of exposure to a positive person. If you receive test negative results in 48 hours and you have no symptoms, your quarantine is 7 days.</p> <p style="text-align: center;"><b>OR</b></p> <p>Stay at home for 10 days from the last day of contact with a positive case, without testing and no symptoms.</p> <p style="text-align: center;"><b><i>Still continue to watch for any symptoms through day 14; if symptoms develop, get tested and continue to stay at home.</i></b></p>	<p><b>If you have been tested due to symptoms, you are to remain at home until you have your test results.</b></p>
<p>This includes 48 hours PRIOR to their symptoms. (or if asymptomatic, 48 hours prior to their test date):</p> <ul style="list-style-type: none"> <li>▪ You were within 6 ft of someone who has COVID-19 for a total of 15 minutes or more.</li> <li>▪ You rode in a vehicle with someone.</li> <li>▪ You provided care at home to someone who is sick with COVID-19.</li> <li>▪ You had direct physical contact with the person (hugged or kissed them).</li> <li>▪ You shared eating or drinking utensils.</li> <li>▪ Someone with COVID-19 sneezed, coughed or somehow got respiratory droplets on you.</li> </ul> <p><b><i>If you are a close contact, you will need to self-monitor 14 days from the late date of exposure to the positive person and follow the quarantine guidelines above.</i></b></p>	<ul style="list-style-type: none"> <li>▪ Your isolation period is 10 days from symptom onset.</li> <li>▪ You need to have a resolution of symptoms and be fever free for 24 hours before your isolation is complete.</li> <li>▪ If you have no symptoms, you are to isolate for 10 days from the day you were tested.</li> <li>▪ Your <b><u>infectious period is 48 hours PRIOR to symptoms</u></b> (if asymptomatic 48 hours prior to testing) and for a minimum of 10 days once symptoms develop.</li> </ul> <p><b><i>If you know you have exposed people during your infectious period to present, you need to notify them. They need to quarantine from their last date of exposure to you.</i></b></p>

**The Indiana Department of Health will reach out via text, phone call and letter: the text will come from 877-548-3444 and the phone call will be 833-670-0067.**