



# COVID-19 TESTING AND ISOLATION GUIDANCE

Updated 8.16.22

## WHAT TO DO IF YOU WERE EXPOSED TO COVID-19:

- **Wear a mask as soon as you find out you were exposed and continue for 10 full days.** You can still develop COVID-19 up to 10 days after you have been exposed.
- If you do NOT have symptoms: wait to get tested at least 5 full days after your last exposure.
- If you DEVELOP symptoms: isolate immediately, get tested, and stay home until you know the result.

**Rapid tests are available at no charge at Public Health while supplies last, call 319-385-0779. You can also order free tests at [www.COVIDtest.gov](http://www.COVIDtest.gov).**

## IF YOU TEST POSITIVE FOR COVID-19:

- **Stay home for at least 5 days and isolate from others in your home.**
- You are more likely to get very sick if you are an older adult or have an underlying medical condition. Contact your provider to see if treatment may be available.
- Tell people you had recent contact with that they may have been exposed.
- Separate from others in your home as much as possible (separate bathroom and bedroom).
- Wear a high-quality mask if you must be around others in your home.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- If you have an emergency warning sign (like trouble breathing, persistent pain, or pressure in your chest), seek emergency medical care immediately. Tell them you tested positive for COVID-19.

### If you have had no symptoms:

- You may end isolation after day 5. **Continue wearing your mask through day 10.**
- If symptoms develop within 10 days of your positive test your 5 days start over.

### If you have symptoms:

- You may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medications) and your symptoms are improving. **Continue wearing your mask through day 10.**
- If you still have a fever or your other symptoms have not improved, continue to isolate until they improve.

## IF YOU TEST NEGATIVE FOR COVID-19

The test did not detect the virus at that time but doesn't rule out an infection. Consider repeating the test 24 to 48 hours later. Continue wearing a mask through day 10 if you have been exposed.

To learn more visit [cdc.gov/coronavirus/2019-ncov/your-health](https://www.cdc.gov/coronavirus/2019-ncov/your-health)

If you have any questions, please call Public Health at 319-385-0779 during business hours.

For more information, including upcoming vaccine clinic dates, visit [HealthyHenryCounty.org/covid](http://HealthyHenryCounty.org/covid)