

ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

ISOLATION AND QUARANTINE BASICS

YOU HAVE TESTED POSITIVE FOR COVID-19 (ISOLATION)

What should I do?

- **Isolate:** Stay away from other people and stay at home. Only go out if you need to go to the doctor or hospital. If you haven't had a fever for the last 24 hours, you can go back to your normal activities 10 days after you first experienced symptoms.
- If you tested positive and did not have symptoms, you still have to stay away from other people and stay at home. You can go back to your normal activities 10 days from the date you had your COVID test taken.
- If you live with others, **stay in a separate room and use a separate bathroom** if possible. Don't share personal items. Clean and disinfect your home and frequently touched surfaces regularly. Wear a mask when around others and have them wear masks too.
- **Do not get another test for COVID-19.** You should NOT get a follow-up test to go back to work or school or to return to normal activities. Tests can still show that you have COVID for a couple of months, even though you are no longer able to spread the virus.

What will happen next?

- **Case investigation:** If you get a phone call from a number you don't recognize, it may be a case investigator with the Health Department calling to ask you some questions. Please answer or return the phone call. The call will not be marked blocked or unlisted. And remember, the Health Department will never ask for your social security, bank account or credit card numbers. If someone does, please report it to the local police.
- The Health Department representative may ask you to fill out an **online form**. The information you provide will be kept secure and is also confidential.
- **Contact tracing:** You will be asked for names and phone numbers of recent close contacts. A close contact is anyone who you were within 6 feet or less of for 15 minutes or more – with or without a mask – in the two days before you first noticed symptoms and during the time you have symptoms. A Health Department contact tracer will call these people and advise them to quarantine and get tested. Your name will not be disclosed to your close contacts.
- If you tested positive but are not contacted, **continue to isolate and notify close contacts on your own.** You should ask close contacts to get tested and quarantine according to the instructions below.

What if I tested negative for COVID-19 but had symptoms or was a close contact?

- Even with a negative test, you should quarantine according to the instructions below. If you still have symptoms, wait a couple of days and get tested a second time.
- We learn more and make improvements each day, but false negative tests are still possible.

YOU ARE A CLOSE CONTACT OF SOMEONE WITH COVID-19 (QUARANTINE)

What should I do?

- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated* against the disease and show no symptoms. Fully vaccinated means that it has been 2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
- If you had COVID-19 in the last 3 months, you do not have to quarantine or get tested again as long as you do not develop new symptoms.
- All others:
 - o Quarantine: Avoid people outside your household while in quarantine. Only leave your house for medical care. Remain in quarantine for 10 days after your last possible exposure to someone with COVID-19. If you remain without symptoms, you can get a test on day 5 or later of quarantine, and if it is negative, only remain in quarantine until day 7.
 - o Get tested: It is important to know if you have COVID-19 and should isolate and notify your close contacts. A map of testing locations in the county is available here: <https://bit.ly/ACTestingSiteMap>.

What will happen?

- Contact tracing: If you get a phone call from a number you don't recognize, it may be a case investigator with the Health Department calling to ask you some questions. Please answer or return the phone call. The call will not be marked blocked or unlisted. And remember, the Health Department will never ask for your social security, bank account or credit card numbers. If someone does, please report it to the local police.
- Depending on the volume of cases, the Health Department may not complete contact tracing for all cases. If a friend, co-worker, family member, school or university says you are a close contact, please quarantine and get tested according to the instructions above.

HELP IS AVAILABLE

If you have questions or are in need of services or other supports (food, etc.), contact the United Way of Southwestern Pennsylvania by calling 2-1-1 for assistance.

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bit.ly/ACHDcovid-19



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