



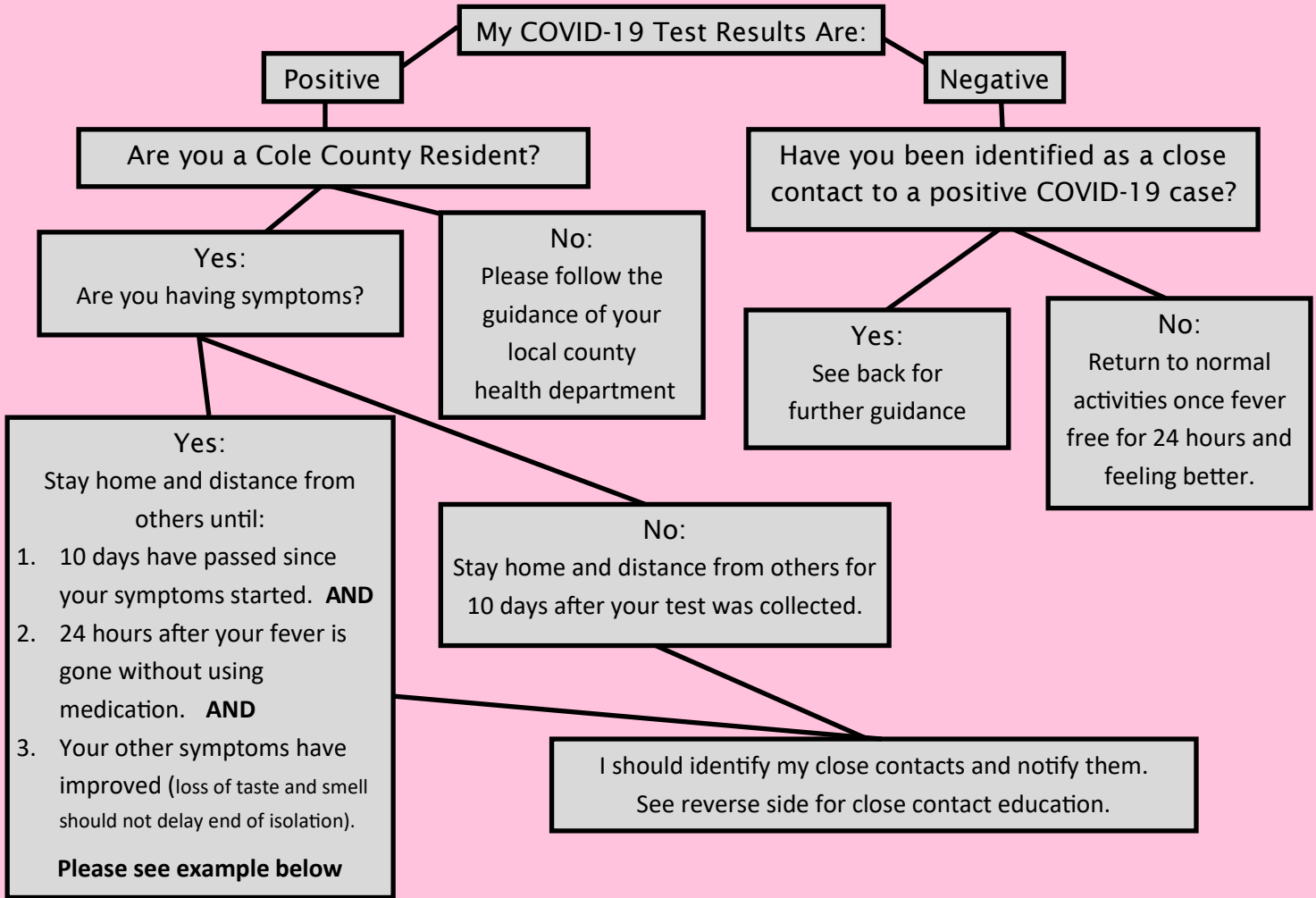
**While Waiting For Your COVID-19 Test Results:**



1. Stay home and distance from others.
2. Don't go to work, school, or visit with others outside your home.

★ The Cole County Health Department will **NOT** be calling to investigate any positive COVID-19 cases but is available for consultation. Please follow these recommendations to keep yourself and others safe.

★ Please contact your physician if you begin to experience any worsening symptoms. If you develop shortness of breath or difficulty breathing you should seek immediate medical attention.



**How long do I have to stay home? (Fill in the blanks)**

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours after last fever:	My other symptoms got better on: (If not improved after 10 days, call your physician)	Circle the latest date. Stay home until:
EXAMPLE November 10	November 20	EXAMPLE November 15	November 16	EXAMPLE November 21	EXAMPLE November 21



**Who Should I Identify As a Close Contact?**

Starting 48 hours before symptom onset or, in the absence of symptoms, 48 hours before the test was collected:

- Someone who was within 6 feet of me for a total of 15 minutes or more, regardless of cloth face covering.
- Someone who had higher risk of exposure such as someone I kissed, shared eating utensils with, and/or sneezed or coughed on.

I have identified my close contacts. I should advise them to :



1. Stay home and distance from others for 14 days from last date of close contact.
2. Don't go to work, school, or visit with others outside your home.

**They are:**

**Having Symptoms**

**Not Having Symptoms**

**Has Tested Positive**  
 Please follow the guidance on the reverse side.

**Has Tested Negative**  
 Continue to stay home and distance from others for 14 days from last date of close contact.

Stay home and distance from others for 14 days from last date of close contact.  
 If they become ill, they should reach out to their primary care physician or local urgent care.

**If following CDC's options to reduce quarantine for close contacts**

**Ending Quarantine on Day 7**

Close Contacts may return to school/work/activities as early as Day 7 if the following are met:

- They have had no symptoms
- On quarantine Day 5 or later, a negative test result was obtained.
- Through Day 14 they adhere to the following:
  - Monitor for symptoms daily;
  - Wear a mask;
  - Social Distance; **AND**
  - If any symptoms develop, they should immediately self-isolate

**Ending Quarantine on Day 10**

Close Contacts may return to school/work/activities as early as Day 10 if the following are met:

- They have had no symptoms
- Through Day 14 they adhere to the following:
  - Monitor for symptoms daily;
  - Wear a mask;
  - Social Distance; **AND**
  - If any symptoms develop, they should immediately self-isolate

**Additional close contact information**

Please visit [colehealth.org](http://colehealth.org) for the following:

- A form for close contacts to provide to their employers.
- Examples of ending quarantine early for close contacts.
- Different close contact scenarios that may occur within the household.