



Dubois County Health Department
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Jasper, IN 47546
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FAQ's (Frequently Asked Questions)

1) Q: What is the difference between Isolation and Quarantine?

A: **Isolation** is used to separate people that are infected with COVID19 from people who are not infected. People in isolation should stay home until it's safe for them to be around others.

How do I Isolate? Stay at home except to get medical care; Monitor your symptoms. If you have an emergency (including trouble breathing, high temp, etc.) seek emergency medical care immediately. Stay in a separate room from other household members, if at all possible. Use a separate bathroom, if possible. Avoid contact with other members of the household and your pets. Don't share personal household items, like cups, towels, and utensils. Wear a cloth face covering when around other people.

Quarantine is used to keep someone who might have been exposed to COVID19 away from others. This helps prevent the spread of the disease that can occur before a person knows they are sick or infected. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions for the State and Local Health Department.

How do I Quarantine? Stay home for 14 days after your last contact with a person who has COVID-19. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. If possible, stay away from others, especially people who are at a higher risk for getting very sick from COVID-19.

2) Q: When can I discontinue Quarantine?

A: **PLEASE SEE DIFFERENT SCENARIO'S BELOW:**

SCENARIO #1: Close contact with a person who has COVID-19 and will have no further close contact.



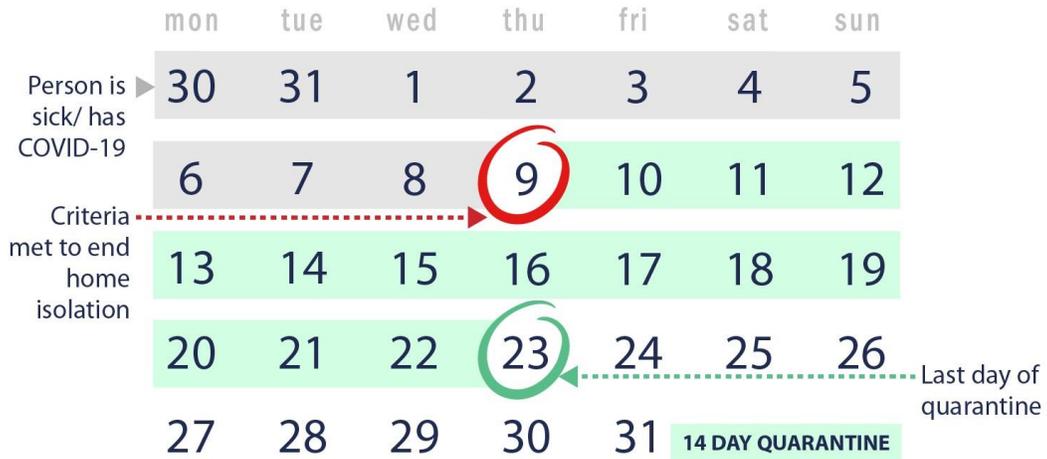
Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENERIO #2: Close Contact with someone who has COVID-19 and you live with this person but avoid further close contact.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENARIO #3: Currently live with someone who has COVID-19 and I cannot avoid so I have continuous close contact



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENARIO #4: . Currently under quarantine and had additional close contact with someone who has COVID-19.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

3) Q: When can I discontinue Isolation?

A: * If you had symptoms you must isolate for at least 10 days from when symptoms first appeared; at least 24 hours with no fever without fever-reducing medication (Tylenol/Ibuprofen) ; and symptoms have improved.

* If you tested positive but had no symptoms you must isolate for 10 days from the date of your test, and at least 24 hours with no fever without fever-reducing medication (Tylenol/Ibuprofen).

* If you tested positive and you have a weakened immune system, you should isolate for a minimum of 10 days but may have to isolate for longer. Talk to your healthcare provider for more information and guidance.

4) Q: What is a close contact?

A: * A close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes, starting from 48 hours before the person began to feel sick, or if the infected person tested positive but did not feel sick, starting 48 hours before date test specimen was submitted. Also please note that even if you were wearing masks while in close contact you would still be considered a close contact

* Someone living in the same household while the person was infectious.

* Caring for a person with COVID19 while the person was infectious.

* Being in direct contact with respiratory secretions from a person with COVID19 while the person was infectious. (e.g., being coughed on, kissing, sharing utensils, etc.)

5) Q: What do I do if I receive a positive result for COVID19 and I have no symptoms?

A: Notify your department head and Human Resource department (HR) of the results. Let them be aware of whom you named a close contact. Please refer to Isolation instructions addressed in Question #1. You can discontinue isolation only when you have been in isolation for at least 10 days since date test specimen was submitted AND you are 24 hours fever free without use of fever reducing medications (Tylenol/Ibuprofen).

- 6) Q: What do I do if I am named a Close Contact and my test results show positive and I have no symptoms?
A: Notify your department head and Human Resource department (HR) of the results. Please refer to Isolation instructions addressed in Question #1. You can discontinue isolation only when you have been in isolation for at least 10 days since date specimen was submitted AND you are 24 hours fever free without use of fever reducing medications (Tylenol/Ibuprofen).
- 7) Q: What do I do if I am named a Close Contact and test results show negative?
A: You must continue to quarantine by staying at home. Check your temperature twice a day and watch for symptoms of COVID19 because you could turn positive at any point in the 14-day quarantine period. Keep distance (6 feet, or 2 meters) between yourself and others. Also, current recommendations are that you be tested around the fifth day since your close contact to see if you have become positive. If you develop symptoms, begin to follow isolation procedures detailed in Question #1. Call your doctor if symptoms worsen.
- 8) Q: If I am symptom free but decide to get a COVID19 test because I am a close contact do I need to quarantine?
A: YES, if you are named a close contact you are to quarantine for 14 days regardless if you are experiencing symptoms or not. If test returns positive you need to change from quarantine to isolation and remain in isolation for 10 days since date test specimen was submitted.
- 9) Q: If I am named a close contact and get a COVID19 test and the results are positive how long do I need to isolate?
A: Because you have been named a close contact with positive results, you will need to stay in isolation for a minimum of 10 days since date test specimen was submitted and 24 hours fever free without use of fever reducing medications. (Tylenol/Ibuprofen)
- 10) Q: If a co-worker test positive for COVID19 but no one in the same department is notified as a close contact, do we need to quarantine on our own?
A: You need to contact your Human Resource (HR) department and let them know you are concerned about being a close contact and possibly doing a quarantine.
- 11) Q: If a co-worker, spouse, or my child is named a close contact what do I need to do?
A: No immediate action is needed; you are not considered a close contact. A close contact is a person who has had contact with a positive person, not a close contact person.

- 12) Q:** Where do I go if I want to get a COVID19 test just because I want to?
A: You need to register on line at: <https://lhi.care/covidtesting> Once you are registered you will be given a time to go for your testing. The testing site is located at 400 South Clay Street; Jasper IN
- 13) Q:** If my child is named a close contact by the school and has to stay home, can I work from home?
A: Please see Human Resources for guidance.
- 14) Q:** I attended a community function (graduation, wedding, public event, etc.) and now I have heard that someone that attended has tested positive, do I need to quarantine?
A: No, unless the Health Department or event leader makes a public announcement giving other recommendations. However, watch for any signs and symptoms of COVID-19.
- 15) Q:** An employee test positive for COVID19, what is the protocol for disinfecting the area?
A: Please refer to the CDC guidelines on deep cleaning.
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- 16) Q:** If someone in my home has symptoms related to COVID19 what should I do?
A: Encourage that person to get a COVID-19 test. You must presume they have COVID-19 and treat yourself as a close contact and quarantine. We are currently advising close contacts to test for COVID-19 on or around the 5th day of initial contact.
- 17) Q:** I live with someone who has COVID19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID19? Do I need to restart my quarantine?
A: Yes. You will have to restart your quarantine from the last day you had close contact with ANYONE in your house who has COVID19. Any time a new household member gets sick with COVID19 and you had close contact, you will need to restart your quarantine.