

COVID-19 Guidelines

Updated January 2022

People who test positive for COVID-19 should stay home and isolate for 5 days. Day 1 is the first day of symptoms, or the date of positive test if you are asymptomatic. We recommend older children and adults stay in their own room and use a separate bathroom when possible. This also means masking when in shared spaces. If symptoms are improving and you are without fever for 24 hours, follow that by 5 days of wearing a well-fitting mask when around others to minimize the risk of infecting others as you may still be contagious.

People who are exposed to someone with COVID-19 and are fully vaccinated* should wear a well-fitting mask around other people for 10 days and get tested 5 days following exposure. If you develop symptoms following an exposure you should get tested and stay home.

**Fully vaccinated* means you have received your vaccine booster or you have completed the primary COVID-19 vaccine series within the past 6 months.

People who are exposed to someone with COVID-19 and are not vaccinated or it has been more than 6 months since completion of COVID vaccine series and are not boosted should stay home and quarantine for 5 days (even with a negative test). You should not go to school or work. Quarantine is then followed by wearing a well-fitting mask around others for an additional 5 days. Testing is recommended 5 days following exposure. Young children and infants who are not vaccinated and are unable to wear a mask should quarantine for 10 days.

Other things to consider...

Contact your child's school if your child has symptoms of COVID-19, has tested positive for COVID-19, or has been exposed to someone with COVID-19. Each school and school district has different requirements for testing and quarantine duration and will let you know when your child may return.

At this time we are not able to see anyone with known COVID-19 infection or COVID-19 exposure in the office. For those with mild symptoms and known COVID exposure, a telemedicine visit with one of our providers may be appropriate and COVID, influenza, and/or strep throat testing may be ordered at an outside location when indicated. For those with moderate or severe symptoms (including chest pain, shortness of breath, or possible dehydration), evaluation and testing should be done at a pediatric urgent care or emergency room.

Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. We, your healthcare providers, strongly encourage COVID-19 vaccination for everyone 5 and older and boosters for everyone 12 and older.

What to do if you are sick with COVID-19

- Most people have mild illness and are able to be cared for at home. Get rest and stay hydrated. Tylenol or ibuprofen may help you feel better.
- Stay home and separate yourself from other people as much as possible. Stay in a specific room and away from other parts of the house. If possible, you should use a separate bathroom. Wear a mask over your nose and mouth if you need to be around other people in the home.
- Avoid sharing personal household items such as dishes, cups, utensils, towels, or bedding.
- Clean and disinfect all high-touch surfaces daily including phones, remotes, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, and tablets.
- Cover your mouth and nose when you cough or sneeze. Wash your hands with soap and water for at least 20 seconds. Alcohol-based hand sanitizer (60% or greater) can also be used.
- Tell your close contacts (see below) that they may have been exposed to COVID-19. An infected person is most contagious during the 2 days before they have any symptoms or test positive and the first few days of illness..
- If you have trouble breathing, pain or pressure in the chest, or confusion you should go to the ER immediately.

Quarantine vs. isolation

- Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. This helps prevent spread of disease that can occur before a person knows they are sick. People in quarantine should stay home, separate themselves from others, and monitor for symptoms.
- Isolation keeps someone who is infected with the virus away from others, even in their home.

What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more, even if you were both wearing a mask
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you