

Exposure or Testing

Next steps after COVID-19 exposure or testing

Exposure

Self-quarantine if you are a "close contact" with a confirmed case, as follows:

- You have been longer than 10 consecutive minutes within 6 feet of a person with confirmed COVID-19 OR who is being tested for COVID-19 due to symptoms and exposure.
- You have had contact with the person's respiratory secretions (for example, you've been coughed or sneezed on; kissed or hugged; shared drink, food, towels, or other personal items).
- You live with the person OR have stayed overnight for at least one night in a house with the person.

What do I do during quarantine?

- Stay home and separate from non-household members for 5 days.
- You may go outside if you are wearing a well-fitting mask at all times.
- Monitor your symptoms for fever, cough, or shortness of breath.
- If you become ill and need non-emergency medical attention, call your primary care provider.

How long do I monitor after exposure?

- Watch for symptoms until 10 days after exposure if you do not take a test,
- If you have NO symptoms after exposure, you may take a PCR test at least 5 days after close contact. If the test result is negative, you are released.
- If you develop symptoms isolate immediately and get tested.

Awaiting Test Results

An Amberwell health professional will call with test results within 48-72 hours M-F.

Do I have to isolate while waiting for test results from Amberwell Health?

If you are being tested for COVID-19 because you are suspected of having the disease due to your symptoms or exposure to a known case:

You WILL need to be in isolation until test results are received.

If you are being tested for a purpose other than symptoms or exposure:

Wear a well-fitting mask around non-household members until results are available

See other side for isolation guidelines and tips.

Positive COVID-19 Test

Next steps after a lab-confirmed COVID-19 test

ISOLATE AT HOME.

- Stay home unless there is an emergency or to get medical care for 5 days.
- Wear a well-fitting mask within 6-feet of other household members and pets.
- Stay in a different room from others and use a separate bathroom, if possible.

MONITOR YOUR SYMPTOMS.

- Watch for fever, cough, or trouble breathing.
- If you become ill and need non-emergency medical attention, call your primary care provider.
- Before you seek care, tell your primary care provider that you have COVID-19.
- Use a well-fitting mask when you are around other people.

FOLLOW ISOLATION GUIDELINES.

- Cover your coughs or sneezes and keep your hands clean.
- Clean all “high-touch” surfaces every day.
- Make sure you have supplies and support.
- Don’t share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when around other people.
- Stay connected virtually.

WATCH FOR A CALL FROM A PUBLIC HEALTH OFFICIAL.

- You may receive a call from KDHE or the local health department with further details, but follow isolation guidelines regardless of whether you receive a call.
- The call may come from a 785 number that you do not recognize.
- Be sure to answer all phone calls while you are waiting for the call.
- Be sure you have your voicemail set up and that it is not full.

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911.

Notify the dispatch personnel that you have COVID-19.

If possible, put on a facemask before emergency medical services arrive.

When can I get out of isolation?

- 5 days from the onset of symptoms with strict mask use for 10 days
- OR 72 hours after fever is gone (without the use of fever reducing medication) AND there has been a significant improvement in other symptoms
- WHICHEVER IS LONGER.
- If you do not develop symptoms, isolation ends at least 5 days after the positive test.

Is isolation different than quarantine?

Yes. During isolation you are not only staying home, you are distancing yourself from household members in separate areas of your home if at all possible and wearing a mask if around others.