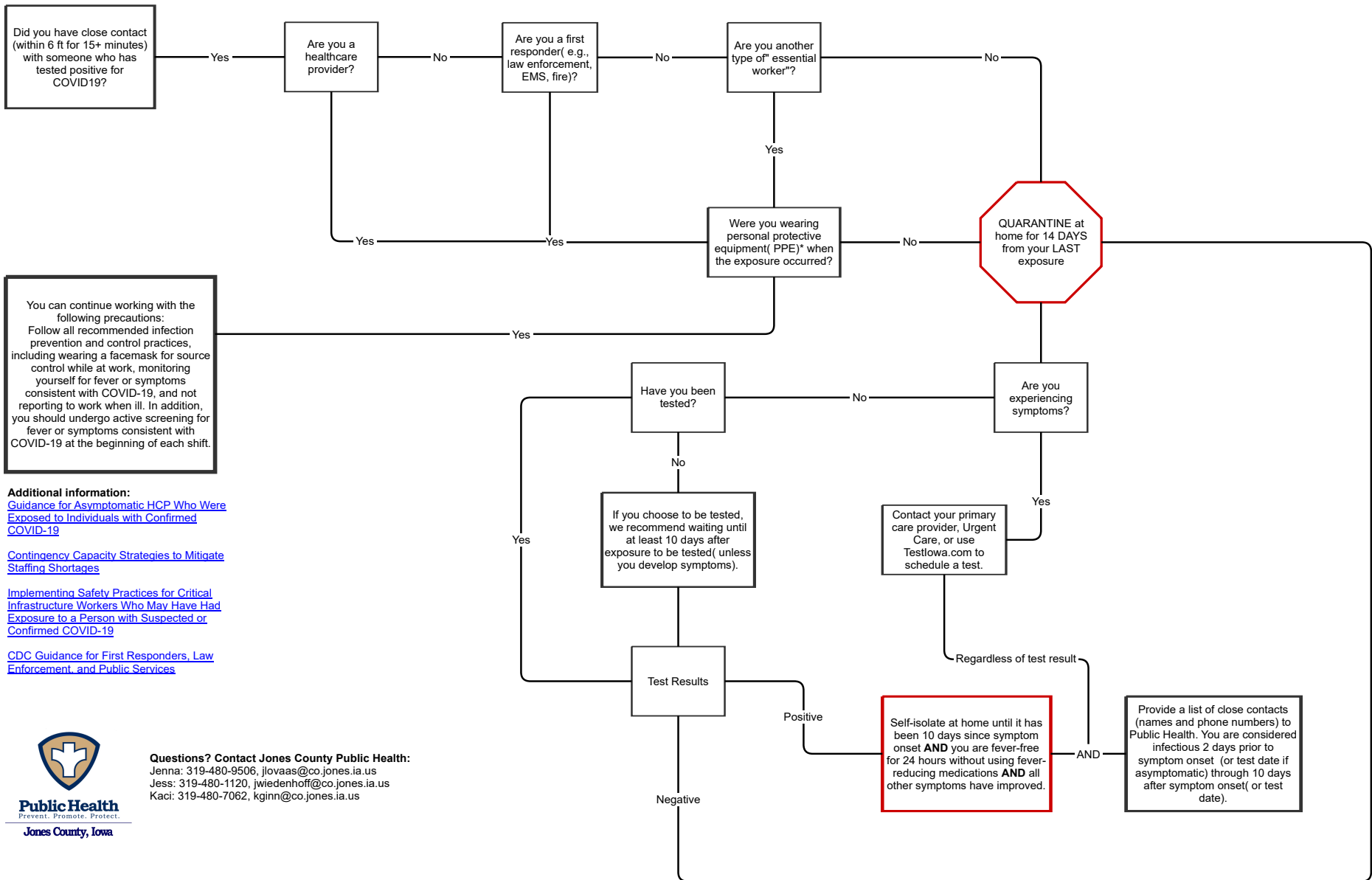


Guidance for Exposure to COVID-19



Questions? Contact Jones County Public Health:
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*Personal Protective Equipment (PPE) is defined as OSHA approved surgical masks or respirators. Cloth face coverings are not approved as PPE at this time.

What do I do if a household member is in isolation or quarantine?



Quarantine

- A household member has had close contact with someone who tested positive for COVID19.
- They are in quarantine for **14 DAYS** from their **LAST** contact with the person with tested positive.
- Infected people can spread the virus before symptoms begin. Therefore, people under quarantine should:
 - Practice social distancing with other household members, which means staying at least six feet away. If possible, stay in a separate room.
 - Practice good hygiene and wash their hands regularly.
 - Avoid sharing household items or eating utensils.
 - Clean high-touch surfaces, including your phone, game controllers, remotes, light switches, faucets, and toilet handles, regularly.
- If they do not develop symptoms (or test positive) within 14 days, then they are no longer at risk and are released from quarantine.

Isolation

- A household member has tested positive for COVID19 or has developed symptoms after close contact with someone else who tested positive.
- They are in isolation until at least 10 days after symptom onset (or test date) AND fever-free for 24 hours AND all other symptoms improving.
- Steps to take for the person under isolation:
 - Stay in a separate room from other household members, if possible
 - Use a separate bathroom, if possible
 - Avoid contact with other members of the household and pets
 - Don't share personal household items, like cups, towels, and utensils
 - Wear a mask when around other people
- They are considered infectious from two days before symptom onset until they meet the release criteria listed above.

These are general guidelines. We realize there are situations when it is not possible to follow all the guidelines (e.g., parents with young children). For additional information, please visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.

Remember, if you have a household member who tests positive, your 14-day quarantine does not start until your **LAST** day of contact with them during their infectious period. Therefore, if you are not able to isolate the ill individual, you will be in quarantine for a minimum of 24 days (10 days for the household member's minimum isolation period plus 14 days quarantine for you since you had contact throughout the entirety of their illness).