COVID-19 Testing, Isolation, & Quarantine FAQ

CDC Centers for Disease Control and Prevention

Desert Oasis HEALTHCARE
Your Health. Your Life. Our Passion.

24/7 Patient Helpline: 760-969-6555
If you have questions about if you need to test today call: 760-320-8814 ext 1255

DEFINITIONS

Exposure is contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Get Vaccinated and Stay Up to Date
Up to date means a person have received all recommended COVID-19 vaccines, including any booster does(s) when eligible.
Fully vaccinated means a person has received their primary series of COVID-19 vaccines.

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days.

IF YOU Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home
Stay home and quarantine for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

> **Get tested**
> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

> **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid Travel

Avoid being around people who are at high risk

IF YOU Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations

No quarantine
You do not need to stay home **unless** you develop symptoms

> **Get tested**
> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid Travel

Avoid being around people who are at high risk

IF YOU Were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine
You do not need to stay home **unless** you develop symptoms.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

> **If you develop symptoms**
> Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid Travel

Avoid being around people who are at high risk

Calculating Isolation

Day 0 is the first day of your symptoms or a positive test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.**

IF YOU tested positive for COVID- 19 or have symptoms, regardless of vaccination status.
Stay at home for at least 5 day and isloate from others in your home. Wear a well-fitted mask if you must be around others in your home.
Ending Isolation if you had symptoms after a 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
Ending isolation if you did not have symptoms end isolaion after 5 full days after your positive test
If you were severly ill with CoVID-19 You should isolate for at least 10 days. Consult you doctor befor ending isolation.