

COVID-19 Isolation Guidance



When you're sick with COVID-19 symptoms, **ISOLATE** yourself from contact with others.

Sick people are the source of infection to other people.

Who should be isolating themselves?



Anyone who has tested positive for COVID-19, whether or not they are vaccinated.

Anyone who has symptoms including:

- a new fever
- cough
- shortness of breath
- change in taste or smell
- sore throat
- congestion
- tiredness
- body aches
- headache
- vomiting
- diarrhea

If you have any of these symptoms or have been around someone with COVID-19, get a test and stay home.



DO NOT

- ✗ Go to work outside of your home.
- ✗ Go to school or child care.
- ✗ Go to public places.

What does it mean to isolate yourself?



Stay home and stay away from others. If you can, it is best to isolate where you live. Take extra care to stay away from seniors, people with weak immune systems, and people with chronic health problems. Try to have someone drop off supplies you need outside of your home. Questions? Contact the COVID-19 Team at covidinfo@arapahoegov.com.

Monitor your symptoms

If you are concerned about the severity of your symptoms, call your health care provider before seeking medical care in person or you can email covidtreatment@arapahoegov.com

If you have difficulty breathing, pressure in chest or pale, gray, or blue-colored skin, lips, or nail beds call 911.

How long do you have to stay home and stay away from others?



5 days have passed

AND



At least 24 hours have passed since your fever stopped without using

AND



Your symptoms have gotten better

Wear a mask when around other people for 10 days after symptoms started or after your first positive test (for persons aged 2 years and older)

If your symptoms have not improved by Day 5, then stay home until you are feeling better.

What if I tested positive but never had symptoms? Stay home for 5 days after your first positive test.