

I think I may have COVID-19. What does this mean for me and my household?

What are the symptoms of COVID-19?

- Fever or chills
- Cough
- Muscle or body aches
- Sore throat
- Fatigue
- Headache
- Nausea, vomiting or diarrhea
- Shortness of breath or difficulty breathing
- Loss of taste or smell

Not everyone with COVID-19 has all these symptoms.

For many, symptoms are mild, with no fever.

What does close contact mean?

Any of the following regardless of mask use:

- Direct physical contact with the person
- Within 6 feet of the person for more than 15 minutes total in a day
- Possibility of contact with respiratory secretions (like coughs or sneezes)
- Lives with the positive individual, or stayed overnight for at least one night in a household with the person without complete separation

1: Go get a COVID-19 test

Information regarding COVID-19 test types, and test site locations for Waukesha County can be found here:

www.waukeshacounty.gov/testing/sites

2: While waiting for test results

For the individual who was tested:

- If COVID-19 symptoms are present ~ follow instructions for **Home Isolation** (page 2)
- If COVID-19 symptoms are not present, but tested individual recently had close contact with a person who has COVID-19 ~ follow instructions for **Home Quarantine** (page 2)
- If no symptoms of COVID-19 are present or there has been no close contact with somebody who has COVID-19 ~ stay safe and wait for test results

For the rest of the household:

- If the individual who was tested has symptoms ~ household contacts should stay safe at home.
- If the individual who was tested has no symptoms ~ household contacts do not need to quarantine

3: What happens when I receive the results?

Positive results

What should I do?

Because you have COVID 19 you will need to Continue to follow **Home Isolation** instructions (page 2)

What does the rest of my household need to do?

They are all considered close contacts and need to follow the **Home Quarantine** instructions (page 2)

Who should I notify? Why?

Place of employment **Inform them that** you are in isolation. Help identify anyone you may have had close contact with at work.

School / Daycare **Inform them that** your child is a close contact and in quarantine, or positive and in isolation. Help identify anyone they may have had close contact with at school, **playing sports, or in clubs.**

People that you have had close contact with **Advise them to quarantine.** Notify anyone you've been in close contact with 2 days before your symptoms started or 2 days before test collection if you had no symptoms. Please share this guidance document with them.

Negative Results:

A "negative" test means you probably did not have COVID 19 infection at the time of testing.

What should I do?

It depends. Do you have symptoms?

Yes+

Was there recent close contact with a person who has COVID-19?

YES: Continue to follow **Home Isolation** instructions (page 2)

NO: Stay home until feeling better and 24 hours fever free. Call Dr. if symptoms worsen

NO

Was there recent close contact with a person who has COVID-19?

NO: You do not have COVID-19 at this time

YES: Continue to follow **Home Quarantine** instructions (page 2)*

+ It is possible for a negative test result to be incorrect, the sample may have been collected too soon after exposure

***You could develop symptoms or become positive for COVID-19 during the quarantine period.**

*As a COVID-19 positive individual, you will be contacted by a member of the Waukesha County Public Health contact tracing team with further recommendations and to answer questions.

Home Isolation and Quarantine Guidelines

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home

Follow **Home Isolation** Guidance if you or a household member have:

- Positive test result for COVID-19 infection, or
- Healthcare provider diagnosis of COVID-19, or
- COVID-19 symptoms and you had close contact with someone who has COVID-19, or
- COVID-19 symptoms and you are waiting for test results

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others. It helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Follow **Home Quarantine** Guidance if you or a household member:

- Live in a household with someone who has COVID-19
- Had close contact with someone who has COVID-19

Steps for BOTH Home Isolation and Home Quarantine

- Stay home from work and/or school, except to seek medical care
- Separate yourself from others in your home as much as possible. Stay in a specific room and use a separate bathroom, if available. Please make an effort to avoid using hallways and other small areas in your home when others are there.
- Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- Clean all frequently touched surfaces often, like counters, tabletops, and doorknobs with household cleaning sprays or wipes.
- Monitor your symptoms carefully. If they worsen call your healthcare provider immediately. For medical emergencies call 911 and notify the dispatch personnel that you have COVID-19.
- Stay out of public places. If you must go out, avoid using public transportation, ridesharing, or taxis. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have COVID-19. Wear a face covering.
- Cover your coughs and sneezes with a tissue or your sleeve, not your hands. Throw tissue away immediately and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or clean them with a hand sanitizer that contains at least 60% alcohol.
- Do not allow visitors into your home, and do not prepare or serve food to others.
- You, and anyone else in the room with you, should wear a face covering or mask, even for a brief interaction.

Home Isolation

How long will I be in isolation in my home?

You are considered contagious and able to spread the virus from two days before you had any symptoms (or test date if you had no symptoms) through 10 days after symptoms started and you feel well.

If you have symptoms:

- At least 10 days have passed since symptoms began. **AND**
- At least 24 hours (1 full day) fever free without fever reducing medicine. **AND**
- Other symptoms have improved

If you don't have symptoms:

At least 10 days since the date of your positive COVID-19 test. If you develop symptoms during isolation, follow the criteria above.

How can I get a letter for my employer to let them know I should be in isolation or letting them know I have been cleared from isolation?

- You will be able to request and receive a letter for isolation when you speak with Waukesha County Public Health.
- If you have self-isolated, but have not yet received positive results, Waukesha County employers can get a letter by emailing BusinessCOVID@waukeshacounty.gov.

What do I need to tell my close contacts?

- Let them know as a courtesy that they were in close contact with a confirmed case.
- Advise that they should quarantine for 14 days from their last exposure to the case, maybe give the date.
- Give them the phone number for Waukesha County Public Health 262-896-8430.
- Give them your unique ID number provided by public health
- If you don't feel comfortable telling your contacts, you can use this service to inform them anonymously: <https://tellyourcontacts.org/>

What if I can't separate myself from others?

Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 full days after the last day n had close contact with you, or from the date that your isolation ends.

Home Quarantine

How long will I be in quarantine in my home?

It can take up to 14 days to develop symptoms if you become infected with COVID-19.

Stay home to see if you develop symptoms:

- You must stay in **home quarantine** for at least 14 full days after you were last in close contact with the person with COVID-19.
- If you cannot avoid having close contact with the person with COVID-19 while they are sick or in isolation you must stay in quarantine for 14 full days **after** the day that person completed their self-isolation.
- This could be because you are the caregiver of the individual with COVID-19 or the person with COVID-19 is unable to completely isolate within your home. This is likely to be at least 24 total days of **home quarantine**.

Should I get tested for COVID-19?

We recommend close contacts (those in quarantine) get tested for COVID-19. It is best to wait 5 days after their last exposure to the positive individual.

- If the results are negative, this does not shorten the quarantine period, the 14 day quarantine must be completed.
- If the results are positive, the individual then begins **home isolation** and follows the guidance for home isolation. If you develop symptoms of COVID-19 you should get tested and follow the guidance for **home isolation**.

What if my employer/school/sports has questions or needs a letter of restriction?

Call Waukesha County Public Health at 262-896-8430. Give them the unique ID number provided of the COVID-19 positive individual to request a letter.

Are all close contacts required to quarantine?

There may be special quarantine considerations for healthcare workers, first responders, and essential workers. They will need to consult with their employer to determine if the considerations are applicable to them.