

# ALLEGHENY COUNTY HEALTH DEPARTMENT

# COVID-19 GUIDANCE

## ISOLATION AND QUARANTINE BASICS

### For the General Population

(updated 12/30/21)

#### YOU HAVE TESTED POSITIVE FOR COVID-19 (ISOLATION)

Everyone, regardless of vaccination status.

What should I do?

- **Isolate:** Avoid all others. Only leave your home for medical care.
- Stay home for 5 days.
- If you live with others, stay in a separate room and use a separate bathroom if possible. Don't share personal items. Clean and disinfect your home and frequently touched surfaces regularly
- If you have no symptoms or your symptoms are improving after 5 days, you can leave your house. If you have a fever, continue to stay home until your fever resolves.
- Continue to wear a mask around others for 5 additional days.
- **Notify your close contacts.** A close contact is anyone who was within 6 feet or less from you for 15 minutes or more – with or without a mask – since two days before you first noticed symptoms or tested positive. You should ask your close contacts to get tested and quarantine according to the instructions below.
- Call your healthcare provider to talk about potential treatment options. New medications may help you from getting very sick, especially for people at higher risk (age 65 and older, immune compromise, obese, heart, kidney disease or lung disease, diabetes).
- Do not get another PCR test for COVID-19. Tests should be used early in the course of illness for purposes of diagnosis. Some people may remain positive by PCR test beyond the period of expected infectiousness.

What will happen?

- **Case investigation:** You may get a call from the Health Department if you are over 50, younger than 5, or are part of a cluster. A case investigator may ask you about where you might have been exposed, and whom you might have transmitted the virus to. The investigator may ask you to fill out an online form. This is secure and confidential. *Remember, the Health Department will never ask for financial information, including social security, bank account or credit card numbers.*

## If You Were Exposed to Someone with COVID-19 (Quarantine)

What should I do?

**If you** have received a booster vaccine dose OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months:

- Wear a mask around others for 10 days.
- Get a test 5 days after your exposure.
- If you develop symptoms get a test and stay home.

**If you** have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and have not yet received a booster dose OR completed the primary series of J&J over 2 months ago and have not yet received a booster dose OR are unvaccinated:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Get a test, ideally 5 days after your exposure.
- If you develop symptoms get a test and stay home.

What will happen?

- **Contact tracing:** You may get a call from the Health Department. A contact tracer may advise you that you had been identified as a close contact during case investigation. To protect patient privacy, they will not tell you the name of the case you were exposed to. *Remember, the Health Department will never ask you for financial information, including social security, bank account or credit card numbers.*
- If a friend, co-worker, family member, school or university says you are a close contact, please quarantine and follow according to the instructions above.

***This guidance is intended for the general population and does not apply to healthcare settings, non-healthcare congregate settings, and persons at higher risk for severe disease.***

## HELP IS AVAILABLE

Isolating or quarantining because of COVID-19 can be challenging, but they are important tools to contain the virus. Help is available through the United Way of Southwestern Pennsylvania by calling 2-1-1 or by calling the Health Department's COVID-19 hotline at 1-888-856-2774. Resources include:

- Greater Pittsburgh Community Food Bank's home delivery service (Doorstep Delivery) is available to individuals 60+ who cannot leave their home. For more information about food assistance call 412-460-3663, ext. 655 or visit [www.pittsburghfoodbank.org/](http://www.pittsburghfoodbank.org/).
- Housing assistance: Allegheny Link has is encouraging those in need of housing services and support to call them at 866-730-2368 or email [AlleghenyLink@AlleghenyCounty.us](mailto:AlleghenyLink@AlleghenyCounty.us)
- Child care assistance: Trying Together has partnered with the Allegheny County Department of Human Services to provide information on finding child care at [www.tryingtogether.org/find-child-care](http://www.tryingtogether.org/find-child-care). Help is also available by calling Early Learning Resource Center (ELRC) Region 5 at 412-350-3577
- Assistance for seniors: Allegheny County's SeniorLine can be reached at 412-3505460

- Substance abuse disorder assistance: PA Get Help Now can be reached at 1-800662-HELP
- To report child abuse or neglect: Call Childline at 1-800-932-0313
- To report concerns about abuse or neglect of an older adult or an adult with disabilities: Call Older Adult Protective Service at 412-350-6905 or 1-800-490-8505

#### **FOR ADDITIONAL INFORMATION**

*Frequently Asked Questions* <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Frequently-AskedQuestions.aspx>

*Links to Testing Resources* <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/Information-on-COVID-19Testing.aspx>

*Links to Vaccine Resources* <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19-VaccineInformation.aspx>

*Links to Current Case Statistics* <https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19Dashboards.aspx>



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