

GENERAL PUBLIC ISOLATION GUIDANCE

CCHD

WHAT IS ISOLATION

Isolation keeps someone who is sick and/or who tested positive for COVID-19 away from others, even in their own home.

- The sick or infected person should separate themselves from others:
 - Stay in a specific “sick room” or area (if possible)
 - Use a separate bathroom (if possible)
- Others in the home should try to stay at least 6 feet away from the sick person.
- Avoid having unnecessary visitors to the home.
- The person who is sick (2 years old and up) should wear a mask when they are around other people.



WHAT TO DO IF YOU ARE SICK



If you have [symptoms](#) of COVID-19, get tested.

- To find a test site near you, visit <https://bit.ly/testchesco> or scan the QR code.
- If you are unable to locate a test, stay home and isolate for 5 days, **regardless of vaccination status.**
- After 5 days, if symptoms are improving, continue to wear a mask in public for 5 more days.



[Find a COVID-19 Testing Site](#)



If you test negative for COVID-19 refer to your employer, school, and/or childcare’s illness policies.

If you test positive for COVID-19:

- Follow isolation guidance, **regardless of vaccination status.**
- Stay home and isolate for 5 days.
- After 5 days, if symptoms are improving, continue to wear a mask in public for 5 more days.
- If unable to wear a mask (including all children under 2 years of age) , individual should isolate for 10 days.



[Isolation and Quarantine Calculator](#)

If symptoms do not improve after 5 days, continue to isolate at home.



Identify and inform close contacts who you were around for:

- Less than 6 feet for 15 minutes or more **AND**
- While sick **AND/OR** 48 hours before your symptoms began
- If you are asymptomatic, identify close contacts from 48 hours prior to your test date

NOTE: This general public isolation guidance may NOT apply to certain organizations. Review your employer, school, and/or childcare guidelines.