

You've been tested for COVID-19 . . .

WHAT HAPPENS NEXT?

Presented by the Humboldt County Health Officer | Last updated: 01.2022

The following guidance represents the MINIMUM recommended standard by the CDC for mitigating COVID-19. Individuals are reminded to increase their own safety standards as needed to protect themselves, their families and the community.



UNVACCINATED

FULLY VACCINATED

If you test positive for COVID-19

ISOLATE

If you test positive, stay home and avoid contact with others, including family members, for 5 days from the date you were tested, even if you don't have symptoms. Do not attend school, work or any gatherings. After 5 days, if you are 24 hours fever-free and have significant improvement in symptoms, you are cleared from isolation, but should still wear a mask, preferably an N95, for 5 more days. Those who are severely ill should isolate for at least 10 days.

If you are exposed to COVID-19 and have NO symptoms

QUARANTINE AND TEST

Quarantine until 5 days after exposure and then get tested. If you develop symptoms earlier, test immediately. If positive, follow isolation protocols. If negative, discontinue quarantine at day 6.

MONITOR AND TEST

Monitor closely for symptoms until 5 days after exposure and then get tested. If you develop symptoms earlier, test immediately. If positive, follow isolation protocols.

If you are exposed to COVID-19 and have ANY symptoms

TEST AND ISOLATE

Test immediately if you have any symptoms. If positive, follow isolation protocols; if negative, stay home while you have symptoms or until your 5-day quarantine is finished, whichever is longer.

TEST AND ISOLATE

Test immediately if you have any symptoms. If positive, follow isolation protocols; if negative, stay home while you have symptoms.

If you have ANY symptoms of COVID-19 and no known exposure

TEST AND STAY HOME

Test immediately. If positive, isolate for 5 days from the date of testing. If negative, stay home while you have symptoms. If you initially tested negative using a rapid test, you should follow up with a PCR send-out test to confirm.

Symptoms. The most common COVID-19 symptoms are a sore or scratchy throat, nasal congestion, runny nose, headache, body aches, fatigue, nausea, vomiting, diarrhea, chills, cough, difficulty breathing and, much less frequently, fever and/or loss of taste or smell.

If Your Symptoms Worsen. If you have tested positive for COVID-19, or are awaiting a COVID-19 test result, you may experience mild to moderate symptoms. However, if you begin to experience severe respiratory or other worrisome symptoms, such as persistent pain or pressure in the chest or new confusion, proceed directly to the Humboldt General Hospital Emergency Department. You also may call 9-1-1 for emergency assistance. Be sure to alert the dispatcher if you have tested positive for COVID-19 or are awaiting test results.

Definitions.

- **Quarantine** = A strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.
- **Isolation** = A strategy used to separate people with confirmed or suspected COVID-19 from those without COVID-19.
- **Exposure** = Contact with someone infected with COVID-19, in a way that increases the likelihood of becoming infected with the virus.
- **Close Contact** = Someone who was less than 6 feet away from an infected person (laboratory-confirmed or 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.

View **Frequently Asked COVID-19** testing/quarantine questions on back

FOR MORE INFO: The Humboldt County Report is regularly updated at <https://spark.adobe.com/page/IIU1h2xbgNKeR/>. Humboldt County COVID-19 information in English/Spanish: www.hcnv.us; in English @humboldtcountynv; and, in Spanish @CovidEspanol. Share business-related COVID-19 questions/concerns at Covid19@humboldtcountynv.gov. Vaccine information is available in English/Spanish by calling (775) 375-3200 or by emailing vaccine@humboldtcountynv.gov.



COVID-19

FREQUENTLY ASKED QUESTIONS

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Q: How are people notified of results following a COVID-19 test?

A: In Humboldt County, people are notified via phone call regarding their positive or negative results. If your results are positive, your information is provided to contact tracers for follow-up.

Q: If I've been exposed to the virus, should I be tested right away?

A: Evidence suggests that the best time to get tested is about 5 days after you were exposed; you should quarantine until testing can take place. If you test negative at day 5, you should continue to wear a mask until day 10. If you test positive, your 5-day isolation begins from the date of testing. If you are exhibiting symptoms, do not wait; test immediately.

Q: How do I calculate quarantine or isolation?

A: To calculate 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. Day 5 is the final day of quarantine and, barring a positive test or symptoms, quarantine may end on day 6. To calculate isolation: Day 0 is the day your test specimen is collected. Day 1 is the first full day after your test specimen is collected. If you are 24 hours fever-free and have dramatic improvement in symptoms, day 5 is your final day of isolation and you may end isolation beginning with day 6. If you were severely ill or continue to feel ill, you should isolate for at least 10 days and consult with your medical provider before ending isolation.

Q: What is the definition of “vaccinated” and “unvaccinated” with relation to COVID-19?

A: Individuals are considered fully vaccinated two weeks after completing their primary series of coronavirus vaccinations, including a single dose of the Johnson & Johnson vaccine or two doses of the Pfizer or Moderna vaccines. While booster shots are not considered part of the “fully vaccinated” definition, the Centers for Disease Control and Prevention (CDC) does encourage persons 12 and older to get a second Johnson & Johnson or third Pfizer or Moderna booster to stay “up to date.” Unvaccinated or “under-vaccinated” individuals are those who have not completed their primary series of coronavirus vaccinations.

Q: What should I do for quarantine?

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. If possible, wear a well-fitting mask around others at home.
- For 10 days after your last close contact with someone with COVID-19, watch for symptoms.
- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.

- If you do not develop symptoms, get tested at day 5 after your last contact with someone with COVID-19. If you test negative, you can leave your home, but continue to wear a well-fitting mask until day 10. If you test positive, isolate for 5 more days from the date of your positive test.

Q: What should I do for isolation?

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing) seek emergency care immediately.
- Stay in a separate room from other household members, and use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal items, like cups, towels and utensils.
- Wear a well-fitting mask when you need to be around other people in your household.
- Even after discontinuing isolation, wear a well-fitting mask until day 10 following your testing date.

Q: Are rapid tests always accurate?

A: Positive results from rapid (antigen) tests are very accurate, but there is a higher chance of false negatives. For this reason, if you are symptomatic or have been exposed and you initially test negative using a rapid, you should get a PCR (molecular) send-out test as well. PCR tests are considered the “gold standard” for clinical diagnosis of COVID-19, according to the CDC.

Q: I am not vaccinated. If I test positive for COVID-19, does that mean I don't need to get vaccinated?

A: People who have recovered from COVID-19 should get vaccinated to reduce their risk of reinfection, which will prevent transmission and suppress the opportunity for more variants—like the highly contagious delta and omicron variants—from emerging. According to the CDC, individuals can become susceptible to reinfection approximately 90 days following the onset of infection. Vaccination should be deferred until two weeks following a positive COVID-19 test, or at least two weeks after all COVID-19 symptoms have been resolved.

How to Stay Protected in Humboldt County

- Call the Humboldt County COVID-19 Vaccine Information Line at (775) 375-3200 for information on local vaccination opportunities.
- Wear a mask in any public indoor space.
- Don't leave the house if you don't feel well, except to get COVID tested or to seek medical assistance.
- Avoid crowds, including private gatherings, that put you at higher risk.
- Wash your hands frequently and well. If hand washing is not readily available, use hand sanitizer.