

Updated 8/3/2021

Recommendations are subject to change as additional information becomes available



Public Health
Prevent. Promote. Protect.
Jones County, Iowa

COVID-19 Guidelines

YOU NEED TO STAY HOME/GO HOME IF:

2

OF THE FOLLOWING:

- Headache
- Body Aches
- Chills
- Sore Throat
- Nausea
- Vomiting
- Diarrhea
- Sinus Congestion/Runny Nose

OR

1

OF THE FOLLOWING:

- Fever of 100+
- New Cough
- Shortness of Breath
- Difficulty Breathing
- Loss of Taste or Smell

OR

Exposure to COVID-19

(For those unvaccinated or who have not had lab confirmed COVID-19 in the past 90 days)

Been within 6 feet of someone diagnosed with COVID-19 for at least 15 cumulative minutes within a 24-hour period anytime from the 48 hours before their symptom onset (or test date) through at least 10 days after symptom onset (or test date)

WHEN CAN I RETURN TO WORK/SCHOOL/DAY CARE?

POSITIVE COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE
WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NO COVID-19 TEST

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS FEVER FREE
WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NEGATIVE COVID-19 TEST

AT LEAST 24 HOURS FEVER FREE
WITHOUT ANY MEDICATION
AND
SYMPTOMS HAVE IMPROVED
AND
NO KNOWN CONTACT WITH
SOMEONE WHO HAS TESTED
POSITIVE

EXPOSURE TO COVID-19

MAY RETURN AFTER:
Option 1: 14 DAYS
Option 2: 10 DAYS
Option 3: 7 DAYS
FROM LAST CONTACT
AND
WITH NO SYMPTOMS
(Please see reverse for details)

QUARANTINE OPTIONS AFTER EXPOSURE TO COVID-19

People who are fully vaccinated or who have had lab confirmed COVID-19 within the past 90 days of an exposure do not need to quarantine, but should monitor for symptoms and seek testing if any symptoms develop after an exposure. Fully vaccinated individuals are also advised to seek testing 3-5 days after exposure to someone with suspected or confirmed COVID-19 and wear a mask for 14 days or until receiving a negative test result.

OPTION 1	OPTION 2	OPTION 3
<p style="text-align: center;">14 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/school/ day care on Day 15.</p> <p>CDC still maintains the 14-day quarantine is the gold-standard for reducing the spread of COVID-19</p> <p>No testing required.</p>	<p style="text-align: center;">10 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/school/ day care on Day 11 if no symptoms have been reported during daily monitoring.</p> <p style="text-align: center;">No testing required.</p> <p style="text-align: center;"><i>Residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.</i></p>	<p style="text-align: center;">7 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/school/ day care on Day 8 if no symptoms have been reported during daily monitoring</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">You have a negative COVID-19 test (Test can be done on Day 5)</p> <p style="text-align: center;"><i>Residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.</i></p>
<p>Persons can discontinue quarantine at these time points only if the following criteria are met:</p> <ul style="list-style-type: none"> • No clinical evidence of COVID-19 has been noted during daily symptom monitoring; and, • Daily symptom monitoring continues through quarantine Day 14; and, • Strict adherence through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs*, a.k.a. mitigation strategies). • If any symptoms develop, you should immediately self-isolate and contact the local public health authority and/or your healthcare provider to report this change in clinical status. <p>*NPIs that can be practiced by individuals include the following: correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation, and self-monitoring for symptoms of COVID-19 illness. These are also summarized here.</p>		