

# YOU'VE BEEN INSTRUCTED TO ISOLATE



Now that you've been instructed to separate yourself from other people in your home, also called "isolation," you will need to know when it is safe to stop your isolation.

## If you are **waiting for a second (confirmatory) test result:**

- You must isolate until you receive your second test result, which may take 3-4 days.

## If you have been **diagnosed with COVID-19:**

- After being diagnosed with COVID-19, even if you don't have symptoms, you will need to isolate and self-monitor until you are no longer able to spread COVID-19 to others.

## When is my **home isolation over?**



You have been **fever-free for at least 24 hours** without using medicine that reduces fevers

AND



Your other **symptoms have improved** for at least 24 hours

AND



**At least 10 days have passed** since you first had symptoms

## What if I **never had symptoms?**

- You should stay isolated for at least 10 days after you were tested.

## How long am I **contagious to others?**

- You can spread COVID-19 to others beginning two days before your symptoms start until a few days after you recover.
- Even if you never develop any symptoms, you may be able to spread COVID-19 to others.

## What can you do to **help notify your close contacts** of their exposure?

- Notifying your own close contacts of their exposure to COVID-19 can help limit the spread in your community. Any close contact, except those who had COVID-19 within the previous 3 months and have no symptoms, should stay home and watch for symptoms for 14 days after they last had close contact with you.

## Who should **I notify**?

- First, you need to determine the time period during which you could have exposed others.
- If you have symptoms, you were able to spread COVID-19 starting two days before your first symptoms started.
- If you have not had any symptoms, you were able to spread COVID-19 starting two days before your positive COVID-19 test was taken.
- You should notify anyone with whom you had close contact while able to spread COVID-19.

## **Close contact is defined** as any of the following interactions:

- Having direct physical contact with someone. (e.g. hug, kiss, handshake)
- Being within 6 feet of someone for 15 minutes total in a day.
- Having contact with your respiratory secretions. (e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)
- Living with or spending the night with someone.

## What do I **tell my close contacts**?

- CDC and Wisconsin Department of Health Services (DHS) recommend that close contacts quarantine in their home for 14 days, beginning the last day they were exposed to you. This should be done regardless of whether your contact receives a negative test during their quarantine period because they could develop symptoms 2 to 14 days after being exposed.
- Your contact may receive a call from Public Health who will ask your contact some questions and provide additional information. Please ask your contact to answer the phone call.
- The DHS fact sheet called "Next steps: close contacts of someone with COVID-19" [dhs.wisconsin.gov/publications/p02598a.pdf](https://dhs.wisconsin.gov/publications/p02598a.pdf) will provide more details for what to do to protect others.
- If your contact has additional questions, they can contact their primary care provider, local health agency, or visit the Wisconsin DHS COVID-19 Website [dhs.wisconsin.gov/covid-19/ Diagnosed.htm](https://dhs.wisconsin.gov/covid-19/ Diagnosed.htm).

## What if I want to **remain anonymous** but still notify my close contacts?

- There is an online tool called "Tell Your Contacts" which allows for anonymous text or email notifications.
- To send notifications from this tool:
  1. Visit [tellyourcontacts.org](https://tellyourcontacts.org).
  2. Select email or text notification.
  3. Enter your contacts' information and exposure date.
  4. Select either the pre-written message or customize your own. You do not need to enter your name.
  5. Send your message.

*If you have any questions, be sure to follow up with your health care provider. You may also contact Wisconsin Health Connect at [wihealthconnect.com](https://wihealthconnect.com) and receive a call back from a nurse within 24 hours.*