

COVID-19 Patient Guidance

If you test positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

WHAT TO DO



If you test positive for COVID-19 or think you may have COVID-19, self isolate.

Stay home and self-isolate for at least 5 days from the first day of your illness or the date you were tested. To calculate the isolation period, day 1 is the day after symptoms start/day of test. Isolation can end after day 5 if your symptoms are fully resolved or if you have never had symptoms. Continue to wear a well-fitting mask when around others for a total of 10 days. You should isolate for 10 full days if you continue to have symptoms. You should also isolate for 10 full days from places where you cannot properly and consistently wear a mask around others even if you do not have symptoms.



If you been tested, stay home while you wait for your test results to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19.

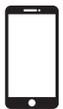
You may or may not have symptoms.

You may have symptoms or no symptoms at all but could still spread the COVID-19 virus to others. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If you develop symptoms and you feel you need care, contact your medical provider.



Contact your friends, family, and your work.

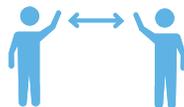
If you test positive, quickly tell your close contacts. This is critical to slowing the spread.



CLOSE CONTACTS



Starting 2 Days
Before Symptoms Began
OR Before COVID-19 Test



Within 6 feet



For 15 Minutes
OR MORE

- Your close contacts who are not fully vaccinated or who are booster-eligible* but not yet boosted should quarantine for 10 full days if they have NO symptoms. Quarantine may be shortened to 5 days if they have NO symptoms and test negative on or after day 5 of quarantine and wear a mask when around others for 10 days.
- Your close contacts who are boosted or who are fully-vaccinated but not yet booster-eligible* do not need to quarantine if they have NO symptoms since last seeing you. They should get tested 5 days after their last exposure and wear a mask when around others for 10 days.

*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series ≥ 6 months or their J&J/Janssen vaccine ≥ 2 months ago.

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