



SELF-ISOLATION PROTOCOL 1
 Even though you have tested negative, it is possible that you still have COVID-19. This happens when the level of virus from the place they took your sample, for example your nose, isn't high enough.

 For this reason, you should be in home self-isolation. This means you cannot leave your home, and should separate yourself from household members in every way possible. You can be discharged from isolation once you have had no fever with a substantial improvement in symptoms WITHOUT medication for 24 hours (please see exception in note below). If your symptoms become worse, call your provider for retesting.

 Note that if you were exposed and were quarantined, you must also complete your FULL quarantine

SELF-ISOLATION PROTOCOL 2
 You should be in home self-isolation. This means you cannot leave your home, and should separate yourself from household members in every way possible. If you are not tested or you test positive, you should remain in isolation until the following conditions are met:

 It has been 10 days since symptoms began AND

 You have had NO FEVER WITHOUT medication for 24 hours or more AND

 You have had significant improvement in respiratory symptoms WITHOUT medication for 24 hours or more.

 Note that if you were exposed and were quarantined, you must also complete your FULL quarantine

QUARANTINE PROTOCOL 1
 If you are **NOT** able to completely separate from this person who has symptoms of or was diagnosed with COVID-19, **you can be released from quarantine 14 days after the sick person is well.**

QUARANTINE PROTOCOL 2
 If you are able to completely separate from the person who has symptoms of or was diagnosed with COVID-19, **you can be released from quarantine 14 days after your last contact with the sick person.**

SELF-OBSERVATION PROTOCOL
 You may continue normal social-distancing and prevention-related activities. Remember that we have community-spread of COVID-19 in our county, and you should be monitoring yourself for symptoms. If you develop symptoms, immediately isolate yourself at home and seek testing (call first). Seek medical care if your symptoms become severe. Call ahead if you go to see a provider.

NOTE: QUARANTINE means that you remain at home and do not go into the community. Others should drop off items you need if at all possible. Monitor yourself for symptoms twice daily. If you develop symptoms, isolate yourself. If symptoms are severe, call ahead to seek medical care.

* **Symptoms of COVID-19** include fever, feeling feverish, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of sense of smell and/or taste, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

** **Close contact** is defined defined by CDC as: (1) being within approximately 6 feet of a COVID-19 case for 15 minutes or more; can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case – or – (2) having direct contact with infectious secretions of a COVID-19 case (includes being coughed on).

How to contact LCHD: email covid19@lacrossecounty.org OR call 608-785-9723 OR visit
<https://www.facebook.com/lacrossecountyhealthdepartment>