

Testing During Quarantine

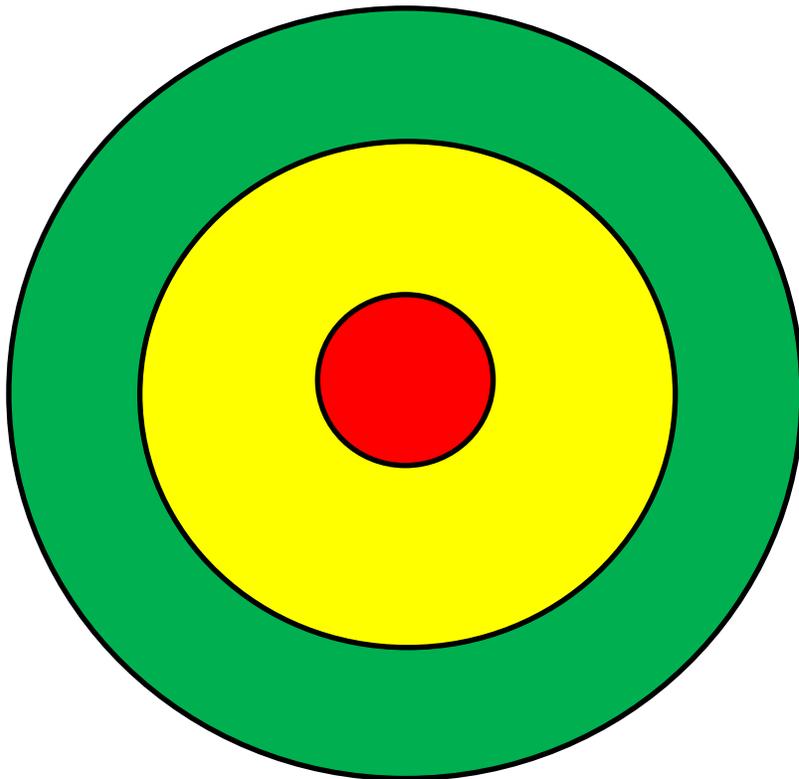
There is no need to be tested if you are within your quarantine period and do not have signs or symptoms.

A COVID-19 nasal swab test will only show positive test results if you have enough of the virus inside your body at the time of testing and often times a person will also have signs and symptoms. It can take up to 14 days from exposure for there to be enough of the virus to create a positive test and this is why we find it so important to quarantine for 14 days and monitor for signs and symptoms of this virus.

We can compare this to taking a pregnancy test. If you take the test right after “exposure” it will not be positive. If you wait for symptoms, then the test results will be more accurate. If after 14 days you do not have symptoms, it is safe to say you do not have COVID-19 and can discontinue quarantine.

If someone in their quarantine period would develop symptoms we would want that person tested. Testing without symptoms during quarantine could produce a negative result and give a false sense of security during this time.

A person identified as a close contact will be asked to quarantine for 14 days from their last exposure to the positive individual. A close contact is defined as a person that had close contact (within 6 feet) of the infected individual, did not have on a facial covering, and had more than 15 minutes of exposure to the infected individual. Contacts of a contact do not need to quarantine until the contact they had contact with becomes symptomatic. Here is a visual of contacts and contacts of contacts.



Red = Symptomatic or Tested Positive.
Isolate for 10 days from onset of symptoms or positive test result if asymptomatic AND no fever for 24 hours AND improvement of any symptoms.

Yellow = Close Contact of positive individual.
Quarantine for 14 days from exposure to ill individual while infectious. Infectious period is 2 days before symptoms began, or before asymptomatic testing. Test ONLY if symptomatic during quarantine. Monitor self for signs and symptoms, take temperature 2 times daily.

Green = No need to quarantine unless the contact they had direct contact with becomes symptomatic.