**News from Franklin County Public Health**

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# Notice to Public

## *November 14, 2023*

## COVID-19 Isolation Refresher for Franklin County Residents

## (The following information can be found on the CDC’s web site: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>)

**What to do if you test positive for COVID-19:**

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with [people who are at high risk of getting very sick](https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-getting-very-sick.html). Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

If you test positive for COVID-19, be sure to report your positive result to your health care provider. They will follow your progress and can recommend important treatment options.

**When to isolate:**

Regardless of vaccination status, **you should isolate from others when you have COVID-19**. You should also isolate**if you are sick and suspect that you have COVID-19 but do not yet have**[**test**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)**results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

**Isolation recommendations:**

For those who **test positive** for COVID-19 but **have no symptoms**:

Stay home, stay away from others in your household and wear a well-fitted mask if you have to be around them. The day you took the positive test is now Day 0. Day 1 is the first full day following the day you were tested.

Monitor yourself for COVID-19 symptoms for 5 days. You are**likely most infectious during these first 5 days.**

* **Wear a high-quality mask** if you must be around others at home and in public.
* Stay home and separate from others as much as possible.
* Use a separate bathroom, if possible.
* Take steps to [improve ventilation](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html#ventilation) at home, if possible.
* Don’t share personal household items, like cups, towels, and utensils.
* Monitor your [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). If you have an [emergency warning sign](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention) (like trouble breathing), seek emergency medical care immediately.

If you do not develop symptoms after 5 days, you may end isolation but **continue to wear a well-fitted mask at home and indoors in public and monitor yourself for symptoms until day 11**. If no symptoms develop by day 11, you may discontinue mask use.

If you develop [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset. Continue to isolate and follow guidance below on when to end isolation.**

For those who **test positive** for COVID-19 and **have symptoms**:

Stay at home for at least 5 days, stay away from others in your household and wear a well-fitted mask if you have to be around them. **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive.

You are**likely most infectious during the first 5 days.**

* **Wear a high-quality mask** if you must be around others at home and in public.
* Stay home and separate from others as much as possible.
* Use a separate bathroom, if possible.
* Take steps to [improve ventilation](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html#ventilation) at home, if possible.
* Don’t share personal household items, like cups, towels, and utensils.
* Monitor your [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). If you have an [emergency warning sign](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention) (like trouble breathing), seek emergency medical care immediately.

**Ending isolation with symptoms:**

**End isolation based on how serious your COVID-19 symptoms were.**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had symptoms and they are improving -

You **may end isolation after day 5** if:

* You are fever-free for 24 hours (without the use of fever-reducing medication).

If you had symptoms and they are not improving -

**Continue to isolate** until:

* You are fever-free for 24 hours (without the use of fever-reducing medication).
* Your symptoms are improving. 1

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to **isolate through day 10.**

Severe illness (you were hospitalized) or have a weakened immune system

* You need to **isolate through day 10.**
* **Consult your doctor** before ending isolation.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

Regardless of when you end isolation

Until at least day 11:

* Avoid being around people who are more likely to get very sick from COVID-19.
* Remember to wear a high-quality mask when indoors around others at home and in public.
* Do not go places where you are unable to wear a mask until you are able to discontinue masking.

**Removing Your Mask**

**After you have ended isolation, when you are feeling better** (no fever without the use of fever-reducing medications and symptoms improving),

* Wear your mask through day 10.

**OR**

* If you have access to home tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your home test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking home tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

**After you have ended isolation, if your COVID-19 symptoms recur or worsen,**restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.