
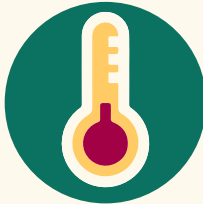



ISOLATION AND QUARANTINE GUIDANCE FOR PATIENTS



In isolation or quarantine because of a COVID-positive test or exposure and wondering when to seek care? In urgent or emergency situations you should always seek immediate medical attention; just let our care teams know about your positive result upon arrival. If you are symptomatic and have a procedure or service already scheduled with us, please contact your physician or the office that scheduled your service, and inform them of your positive result with symptoms. The care team will advise you of your best approach to care during your time of isolation.

COVID-positive without experiencing symptoms? Columbus Regional Health is pleased to offer several options for you to keep on top of your health and medical appointment safely. Contact your physician or service center and the care team will assess what's best for you during your time of isolation. We also offer virtual appointments for a variety of primary and specialty care needs.

Patient COVID Status	Home Based Isolation/Quarantine Recommendations	When to seek urgent medical care	When to seek non-urgent medical care/procedure/testing/etc.	Other patient reminders
<p>COVID-POSITIVE, HAVE SYMPTOMS</p> <p>OR</p> <p>COVID-NEGATIVE, HAVE SYMPTOMS</p>	<p>Isolate at home until at least 10[^] days have passed since symptoms first appeared</p> <p>AND</p> <p>At least 24 hours with no fever without fever-reducing medication</p> <p>AND</p> <p>Other symptoms of COVID-19 are improving.*</p> <p><i>*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation</i></p>	<p>ANYTIME IF COVID-RELATED SYMPTOMS WORSEN, NEW COVID-RELATED SYMPTOMS DEVELOP OR FOR ANY NEW SYMPTOMS THAT MAY INDICATE A MEDICAL EMERGENCY.</p>	<p>CARE MAY BE DEFERRED UNTIL ISOLATION/ QUARANTINE PERIOD HAS BEEN COMPLETED.</p> <p>If reasonable and safe to reschedule non-urgent care until after isolation/quarantine period, this may be done to minimize risk to healthcare workers and other patients.</p>	<p>ISOLATION= keeping someone who is infected with COVID-19 away from others;</p> <p>QUARANTINE= keeping someone who may have been exposed to COVID-19 away from others.</p> <p>Patients should always wear a face mask when seeking medical care in a medical facility.</p>
<p>COVID-POSITIVE, HAVE NO SYMPTOMS</p>	<p>Isolate at home until at least 10[^] days have passed since the date of the last positive test.</p> <p><i>If symptoms develop after testing positive, follow the guidance above for symptom-based isolation.</i></p>	 <p><i>Inform care providers of your COVID status and/or isolation/quarantine status when seeking medical care.</i></p>	 <p><i>Inform care providers of your COVID status and/or isolation/quarantine status when seeking medical care.</i></p>	 <p>Generally, it is not recommended for patients to be retested after testing positive for COVID-19. Symptoms or test date (if no symptoms) should be used to determine isolation period.</p>
<p>EXPOSED TO COVID HAVE NO SYMPTOMS AND COVID-NEGATIVE</p>	<p>Quarantine for 14 days from last known exposure; if patient becomes symptomatic or tests positive, refer to above recommendations.</p>			

[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html)

*Patients with weakened immune systems may be advised to isolate for up to 20 days.

COVID-19 TESTING PROTOCOLS



*I have been EXPOSED
and HAVE SYMPTOMS
of COVID-19.*

If you have symptoms of COVID-19, it is important to stay home except to get tested or to see your PCP.

*How do I get tested if
I HAVE SYMPTOMS?*

1. Do you have a primary care provider (PCP)?
If so, call your PCP.
2. Don't have a PCP or have questions?
Call WellConnect at 812.376.5136. They can help you get established with a PCP and get an appointment for evaluation/testing.
3. If you are exhibiting signs of COVID-19 and need to see a provider right away, go to PromptMed, located at 2502 25th Street, Columbus, IN.
(No appointment necessary)

*I have been exposed
to COVID-19 but have
NO SYMPTOMS.*

1. If you've had close contact with someone with COVID-19, but are not having symptoms, quarantine yourself for 14 days.
2. If you have a PCP, contact your PCP office and notify them of your situation for further guidance and testing options.
3. If don't have a PCP, but would like to be tested, find test sites in Bartholomew County by visiting: covid19communitytaskforce.org