



LEKT COVID Testing and Quarantine Guidance

Symptoms

Symptoms: cough, shortness of breath, fever, chills, sore throat, headache, nausea/vomiting, diarrhea, fatigue, muscle aches, new loss of smell or taste.

- Test
- Quarantine while waiting test results

Negative -> isolate 24hrs after symptoms go away.

Positive -> isolate for 10 days. Remove from isolation on day 11 from symptom onset (*or date of positive test if asymptomatic*) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

Household member is positive

you have no symptoms and **ARE** boosted/fully vaccinated in the last 6 months

- Positive person able to isolate away from others?

Yes -> no quarantine. Test 5 days after last exposure, **mask for 10 days.

No -> quarantine for 5 days from positive person's symptom start date, test at day 5, **mask for 5 days.

Exposed (no symptoms)

Exposed: closer than 6ft for 15+ mins to someone recently positive. Time frame includes the 48 hours prior to their symptom start, or positive test for asymptomatic.

- Boosted or vaccinated in last 6 months?

Yes -> no quarantine. Test 5 days after last exposure, **mask for 10 days.

No -> quarantine for 5 days from last exposure, test at day 5, **mask for 5 days.

Household member is positive

you have no symptoms and **ARE NOT** fully vaccinated or boosted in last 6 mo

- Positive person is able to isolate away from others?

Yes -> quarantine for 5 days from last exposure, test at day 5, wear **mask for 5 more days.

No -> quarantine for 5 days from the recovery date of the positive person, **mask for 5 days.

Positive

Home tests do not need to be confirmed at clinic

- Isolate for 10 days

Remove from isolation on day 11 from symptom onset (*or date of positive test if asymptomatic*) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

Isolation: begins the day your symptoms start or the day of your test if you have no symptoms

Quarantine: begins the day of your last known exposure to the virus

Provider will not call to release from isolation. Reach out to your provider if you need official release

**3-ply disposable or N95 or KN95 mask