



# 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.

**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

## 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.

Symptom free at days 5 or 8, may test out of isolation on day 5 or 8 with negative home test.

LEKT will not provide tests and LEHD will not test to remove from isolation