



**LINCOLN TRAIL  
DISTRICT  
HEALTH  
DEPARTMENT**

Good Health & A Safe Environment

# Updated COVID-19 Isolation and Quarantine Information

		Isolate or Quarantine	What if I Develop Symptoms?	What if I Do Not Develop Symptoms?
 <p><b>Confirmed Case</b></p>	<p>Received laboratory confirmation of COVID-19.</p>	<p>Required to isolate for a minimum of 10 days.</p>	<p>The isolation period can be extended if symptoms develop. The number of additional days is dependent upon symptom improvement.</p>	<p>Individuals who test positive for COVID-19 and remain asymptomatic can still spread the virus and therefore, must isolate for a minimum of 10 days.</p>
 <p><b>Close Contacts</b></p>	<p>Stood 6 feet or less from a confirmed case for a cumulative total of 15 minutes or more within 24 hours.</p> <p>Hugged, kissed, and/or shared eating utensils with a confirmed case.</p> <p>You were in direct contact of the respiratory droplets (e.g. cough, sneeze), of a confirmed case.</p>	<p>The absence of symptoms may shortened quarantine timelines for close contacts.</p> <p>However, quarantining for 14 days remains the best option to protect yourself and others after being exposed to someone who has COVID-19.</p>	<p>All close contacts who develop <b>symptoms</b> must quarantine for a minimum of 14 days.</p> <p>The quarantine period starts on the last day a person was exposed to the confirmed case. Furthermore, the 14 day quarantine period must be restarted if someone in the home is newly infected with COVID-19, and other household members were in close contact with them.</p>	<p>The following quarantine options are available for <b>asymptomatic</b> close contacts:</p> <ol style="list-style-type: none"> <li>1. Quarantine for a minimum of 7 days after receiving a negative COVID-19 test (test must occur on day 5 or later from last day of exposure.)</li> <li>2. Quarantine for a minimum of 10 days if not tested for COVID-19.</li> </ol>
 <p><b>Close Contacts Vaccinated Against COVID-19</b></p>	<p>Fully vaccinated against COVID-19 and a minimum of 2 weeks have past since last COVID-19 vaccine was receive in either the 2-dose or 1-dose series.</p>	<p>Individuals are not required to quarantine if completed COVID-19 vaccination within the last 3 months.</p>	<p>Symptomatic close contacts vaccinated within the last 3 months and have been recently exposed to COVID-19 must follow current quarantine guidance.</p>	<p>Asymptomatic close contacts vaccinated within the last 3 months and have been recently exposed to COVID-19 are not required to quarantine</p>

**Note: Close contacts who are vaccinated against COVID-19 or close contacts who choose shorter quarantine periods must continue to wear facemasks, physically distance, and wash hands often.**