



COVID-19 Information For Patients

Possible COVID Symptoms* Without a Known Exposure

The patient has symptoms that could be COVID-19.

- COVID testing is recommended as soon as practical.
- The patient must stay at home while awaiting their test result.
 - If the patient tests positive, they must stay at home for at least 10 days from symptom onset. After 10 days, they may return to school as long as they have been fever-free for 24 hours without medication and their symptoms are improving.
 - If the patient tests negative, they may return to school once they have been fever-free for 24 hours without medication and other symptoms are improving.
- If the patient is not tested, they will need to stay at home for at least 10 days from the onset of symptoms.

Unless told otherwise, family members do not need to stay at home unless they begin to develop symptoms or if they or a household member test positive for COVID-19.

Possible COVID Symptoms* With a Known Exposure

The patient has symptoms that could be COVID-19 and had a close contact with a positive case of COVID-19.

- COVID testing is recommended as soon as practical.
- The patient stay at home for at least 10 days from when symptoms started regardless of your test result. After 10 days, you may return to school as long as you have been fever-free for 24 hours without medication and your symptoms are improving.
- All unvaccinated family members must stay at home during this time and monitor for symptoms.
- Fully vaccinated family members with no symptoms should wear masks when in public.

No Symptoms* With a COVID Exposure

The patient was exposed to someone who tested positive for COVID-19 but is currently feeling well.

- Fully vaccinated patients
 - COVID testing is recommended 3-5 days after the exposure.
 - Patients should wear masks when in public for 14 days after the exposure.
- Unvaccinated patients
 - COVID testing is recommended 5-7 days after the exposure.
 - The patient must remain in quarantine for at least 10 days, depending on test result.
 - If the test is POSITIVE, the patient must isolate for at least 10 days from the date the test sample was obtained and must monitor for symptoms.
 - If the test is NEGATIVE, the patient must stay at home for 14 days.
 - If the patient is not tested they will need to stay at home for 14 days.
- If symptoms develop at any time, please contact our office.

Family members do not need to stay at home unless the exposed person begins to develop symptoms or tests positive for COVID-19.

☐ No Symptoms* But COVID Test Positive

The patient tested positive for COVID-19 without having symptoms.

- The patient must stay home for at least 10 days from the date the test sample was obtained.
- Vaccinated household members must wear a mask in public for at least 14 days.
- Unvaccinated household members must quarantine for at least 14 days. Contact the office for a telehealth visit to discuss details of management.

☐ COVID Symptoms* With COVID Test Positive

The patient has symptoms of COVID and tested positive for COVID.

- The patient stay at home for at least 10 days from when symptoms started.
- Contact the office to schedule a telehealth visit to assess whether any special treatment is needed.
- The patient will need to be seen at the office 14 days from the onset of symptoms or the date of the positive test.
- The patient should not participate in sports until cleared by a provider. *This will be at least 14 days from resolution of symptoms.*

***Symptoms of COVID-19: fever, cough, nasal congestion, runny nose, sore throat, shortness of breath, loss of taste or smell, muscle aches, vomiting, diarrhea, headache, fatigue.**