

When patients contact you regarding mild to moderate symptoms of COVID-19, please advise them to stay home except to seek medical care and to separate themselves from others in their household.

Testing is recommended for any patient in whom COVID-19 is suspected. Please recommend appropriate self-care treatment options. Patients should be counseled to call you or 911 if they have worsening signs of respiratory illness (e.g. increasing fever, shortness of breath, difficulty breathing, chest discomfort, altered thinking, cyanosis).

Healthcare workers with COVID-19 or symptoms should notify their occupational health program about their symptoms and must follow all return-to-work practices and restrictions (See CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>).

**Please advise symptomatic patients with a positive COVID-19 test result or no test result to REMAIN IN HOME ISOLATION UNTIL 5 DAYS HAVE PASSED since they first had symptoms or their first positive test (day 0).**

- They can return to work and other activities after 5 days if symptoms are resolving AND they have not had a fever for 24 hours without any fever reducing medication.
- They must continue to wear a mask around others for 5 additional days (days 6-10) and should avoid places where they cannot wear a mask (such as while eating) and people at high risk for severe illness. If they are unable to wear a mask or if symptoms persist, they should stay home for the full 10 days.

**Please advise asymptomatic patients with a positive COVID-19 test result to REMAIN IN HOME ISOLATION UNTIL 5 DAYS HAVE PASSED since their first positive test (day 0).**

- They can return to work and other activities after 5 days.
- They must continue to wear a mask around others for 5 additional days (days 6-10) and should avoid places where they cannot wear a mask (such as while eating) and people at high risk for severe illness. If they are unable to wear a mask or if symptoms persist, they should stay home for the full 10 days.
- *If they develop symptoms, follow the guidance above.*

**Please advise symptomatic patients with a negative COVID-19 test result to REMAIN IN HOME ISOLATION WHILE SICK.**

- They can return to work when they have not had a fever without fever-reducing medications and have felt well for 24 hours, unless you recommend that they stay home longer based on symptoms or other health guidance requires them to continue to stay home longer.
- *If they had close contact to someone with COVID-19, they must also meet the criteria to leave quarantine before returning to work.*

**If the patient was a close contact to someone with COVID-19 and they are NOT up-to-date on COVID-19 vaccinations, please advise them to STAY HOME FOR AT LEAST 5 DAYS after their last close contact (day 0).**

- Please recommend that they seek testing for COVID-19 5 days after their last close contact or immediately if they develop symptoms of COVID-19. *If they receive positive test results or develop symptoms, they must stay home until they meet the criteria above for people with COVID-19.*
- They can return to work after 5 days, but should wear a well-fitting mask around others for 5 additional days (days 6-10) and should avoid places where they cannot wear a mask (such as while eating) and people at high risk for severe illness. If they are unable to wear a mask, they should stay home for the full 10 days.

**If the patient was a close contact to someone with COVID-19 and they ARE up-to-date on COVID-19 vaccinations, please advise them to WEAR A MASK FOR 10 DAYS after their last close contact (day 0).**

Individuals who have received all recommended vaccine doses, including booster shots if eligible, do not need to quarantine after a close contact to someone with COVID-19, as long as they have no symptoms.

- Please recommend that they seek testing for COVID-19 at least 5 days after the last close contact or immediately if they develop symptoms of COVID-19. *If they receive positive test results or develop symptoms, they must stay home until they meet the criteria above for people with COVID-19.*

**If the patient was a close contact to someone with COVID-19 and they have had COVID-19 in the past 90 days, please advise them to WEAR A MASK FOR 10 DAYS after their last close contact (day 0).** Individuals who had a positive viral test within the past 90 days and have recovered and remain without symptoms do not need to quarantine or be tested after a close contact to someone with COVID-19.