

# ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

## ISOLATION-QUARANTINE BASICS

Due to the sheer volume of new cases, the outreach from the Health Department to positive cases and their contacts is taking longer than it has in the past. Those expecting to be contacted are asked to be patient. Regardless of whether you are a positive case or a close contact, here's what you can expect:

### **YOU HAVE TESTED POSITIVE FOR COVID-19 (Case Investigation Will Occur)**

If you have been advised that you have tested positive for the coronavirus, the most important action is to stay home unless you are seeking medical care.

A representative of the Health Department will contact you to discuss your case. You should be prepared to provide information on your symptoms and whether you have been hospitalized. Additional information requested will be detail on your place of employment, places you have been in the last 14 days (including large gatherings) and a list of individuals you have been in close contact with for two days before you were sick through the duration of your illness.

A close contact is someone that you have been within six (6) feet of for 15 minutes or more, even if masked, during that time period. You will be asked to provide a name and phone number for those individuals, as well as the date you had contact with that person. You will also want to reach out to those contacts now. They will need to quarantine for 14 days beginning immediately and will also be contacted by the Health Department.

Positive cases must remain in isolation for a minimum of 10 days and, if they continue to have symptoms, for additional time until there are at least one symptom-free days before being released. Immunocompromised individuals with COVID-19 should remain in isolation for 20 days.

Everyone in your household will be considered a contact unless they can remain separate from you but will also need to quarantine for 14 days since their last encounter with you.

If you work in public safety, healthcare or food services, you should notify your supervisor of your status. For food services employees, the Food Safety Division of the Health Department will follow up with the facility with instructions. Employers should not demand that staff come to work if in isolation. The Health Department can provide you with a letter if proof is needed of your status.

If you need any services or assistance while in isolation, you can call the COVID-19 hotline at 1-888-856-2774.

### **YOU ARE A CLOSE CONTACT OF SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19 (Part of the Contact Tracing Process)**

If you have been advised that you are a close contact of someone who has tested positive for the coronavirus, the most important action is to stay home unless you are seeking medical care. You will be required to quarantine for 14 days since the date of contact. *If you have not been notified by the person who is positive, the Health Department cannot tell you who the positive case is as this is private health information that may not be disclosed by law.*

A representative of the Health Department will contact you to discuss your exposure. You will be required to stay home for your full quarantine. It will also be suggested that you get tested, even if you don't have symptoms. Find a drive-thru testing site so you do not expose others. You can use the [Testing Site Locations map](#) to identify the closest locations. Do not take public transportation or utilize any other shared form of transportation (ride share, taxi, etc.). If you need assistance with transportation, please contact the COVID-19 Hotline at 1-888-856-2774. A negative test does not indicate that you can be released from quarantine but does provide better information to manage your care.

While in quarantine, you should remain separated from others and limit movement outside of your home unless you are seeking medical care. If you need any services or assistance while in quarantine, you can call the COVID-19 hotline at 1-888-856-2774.