STATE OF COVID-19 IN FAIRFIELD COUNTY

Currently the state of Ohio is experiencing an extremely high volume of positive COVID-19 cases and Fairfield County is no exception. Fairfield Department of Health is currently, as well as in the foreseeable future, unable to contact people in a timely manner to initiate case investigation. Please remain patient as we work through this. If you receive a call from a provider letting you know you are positive for COVID-19, please follow the below guidelines immediately:

Positive Cases:

If you are positive you need to **ISOLATE**. Isolation means that you are to stay in your home and not leave unless seeking emergency medical care. You need to confine yourself completely away from the other members of your household. You need to stay in one room in the house that no one else uses and use your own bathroom as well. If you do not have the ability to have your own bathroom, you must disinfect it thoroughly after use. At mealtime, food should be brought to the door of the room where the positive person is staying, and it should be left at the door for that person to retrieve. The use of disposable dishware/silverware is recommended. For more information you may use the following website: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html.

The positive person must stay in strict isolation until the following criteria are met:

If symptomatic:

- 10 days from the start of symptoms, **AND**;
- Overall improvement of symptoms, **AND**;
- It has been at least 24 hours since last fever without the use of fever reducing medications such as Tylenol/ Acetaminophen or Advil/Ibuprofen

Also, make sure to drink plenty of fluids and eat when you can. You may take medicine for fever if you need to. Rest as much as you can.

**Loss of sense of taste and smell may continue for several weeks; this does not mean you are still contagious**

If no symptoms:

- 10 days from the date your test was completed
- If you develop symptoms during those 10 days stay in isolation until all 3 of the following are true: 1) your symptoms are better, 2) it has been 10 days since you first felt sick, 3) you have no fever for at least 24 hours without the use of fever reducing medications.

You also need to notify those who have been in direct/close contact with you during your contagious period. Direct/close contacts need to quarantine. Direct contact means you actually touched a positive person, and there is no certain amount of time that qualifies, it is just ANY direct contact. A close contact is defined as being less than 6 feet away for more than a cumulative 15 minutes of time, regardless of mask use. The contagious period begins 48 hours prior to symptom onset, or 48 hours prior to the date of the positive test if you did not have any symptoms. Once you identify those people, they will need to quarantine. Please see below for details on quarantine.

**Direct or Close Contacts**
If you have been identified as a person who has been in direct or close contact with a positive COVID-19 case, you will need to **QUARANTINE**. This is a measure used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine need to stay home and separate themselves from others as well as monitor their health. You are only to leave home if you are experiencing a medical emergency. For further information, you can visit: [https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html). Option 1 is always best and most effective, but there are CDC and ODH approved alternative timelines as well.

**Quarantine Guidelines:**

Option 1:
- 14 days have passed since you have been exposed to the positive person **AND**;
- You have no symptoms of COVID-19 in that time period

Option 2:
- 10 days have passed since last exposure to a positive case **AND**;
- No lab result needed **AND**;
- You have no symptoms of COVID-19 in that time period **AND**;
- You must continue to self-monitor for symptoms including taking your temperature twice daily for the remainder of the 14-day period.

Option 3:
- 7 days have passed since exposure to a positive case **AND**;
- You have received a negative lab result collected on day 5 from exposure or later and within 48 hours of returning from quarantine **AND**;
- You have no symptoms of COVID-19 in that time period **AND**;
- You must continue to self-monitor for symptoms including taking your temperature twice daily for the remainder of the 14-day period.
- This method must be worked through between you and your physician. Fairfield Department of Health will not be ordering or monitoring these tests.

If symptoms occur, you should get tested for COVID-19 by your medical provider or a local urgent care or store-based clinic. It is advised to call the place in advance to let them know you are in quarantine and in need of testing. If the test becomes positive, you will need to go into isolation at that point.

**Special Circumstances**
If a person cannot completely isolate themselves from the rest of their household, for example if you have small children or not enough physical space, the person who is your direct/close contact cannot begin their quarantine until after the positive person is no longer contagious which is the end of their isolation period. Please refer to the above CDC website links for scenarios that may occur when in quarantine or isolation.

If you have been a direct/close contact of positive case but have tested positive for COVID-19 in the previous 90 days, you are not required to quarantine. If it has been longer than 90 days, all the quarantine precautions apply.