

# Toe River Health District

## Quarantine Guidance - February 13, 2022

### Positive Covid test with symptoms:

- Stay home and away from other people for at least 5 days from the beginning of symptoms.
- Wear a well-fitting mask when around others at home, if possible.
- Isolation will end at midnight on day 5 as long as symptoms are improving and you are fever free without the use of medication.
- Continue to wear a mask for an additional 5 days.
- If you can't wear a mask in public you should continue to isolate for a total of 10 days.
- If symptoms haven't improved by day 5 or fever persists then you need to continue isolating until symptoms improve and you are fever free for 24 hours without the use of fever-reducing medications.
- If you have access to a test and you want to test, the best approach is to use an antigen test toward the end of the 5-day isolation period.
  - Only test if fever free for 24 hours without the use of fever-reducing medication and other symptoms have improved.
  - If the test result is positive, then continue isolation until day 10.
  - If the result is negative isolation can be ended, but continue wearing a well-fitting mask.

### Positive Covid test without symptoms:

- Stay home and away from other people for at least 5 days from the test date even if you don't have symptoms.
- Isolation will end at midnight on day 5 as long as the you are not experiencing symptoms.
- Wear a mask for another 5 days.
- If you have access to a test and you want to test, the best approach is to use an antigen test toward the end of the 5-day isolation period.
  - If the test results are positive and you still don't have any symptoms you should continue to isolate until day 10.
  - If your test result is negative with no symptoms, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10.
  - If at any time you begin experiencing symptoms, the 5-day isolation period starts over. Day 0 is the first day of symptoms.

## Contacts:

### No quarantine required:

- If you have had Moderna or Pfizer shots and the booster or the J&J shot and the booster. If you have had the two Moderna or the two Pfizer shots and you're not due for a booster yet, then you don't have to quarantine.
  - You should wear a mask for 10 days because you could still be carrying the virus and you could give it to others.

### Quarantine required:

- **You need to quarantine if:**
  - you've had two Moderna or two Pfizer shots and it's been longer than 5 months since your second shot and you have not received a booster,
  - got a J&J shot and it's been longer than 2 months since your shot and you have not received a booster, or
  - if you're unvaccinated.
- If you don't live with the person who tested positive for Covid, you need to quarantine for 5 days after your last contact with the person who tested positive. Wear a mask for an additional 5 days after your quarantine ends.
- If you live with the person who tested positive for Covid, you need to quarantine for 10 days since you are being continually exposed at home. Wear a mask for an additional 5 days after your quarantine ends.
- If you've been in close contact with someone with Covid, you should be tested to check for infection at least 5 days after you last had close contact. The date of the last close contact is considered day 0.
- If unable to quarantine, you should wear a well-fitting mask for 10 days when around others at home and in public.

## To report home test results within 3 days of being tested, email your information to:

Yancey County Health Dept.  
[yanceyhd@toeriverhealth.org](mailto:yanceyhd@toeriverhealth.org)  
828-682-6118 press 8

Mitchell County Health Dept.  
[mitchellhd@toeriverhealth.org](mailto:mitchellhd@toeriverhealth.org)  
828-688-2371

Avery County Health Dept.  
[averyhd@toeriverhealth.org](mailto:averyhd@toeriverhealth.org)  
828-733-6031

Please include a picture of the test and attach it to the email if possible. If email is not an option, you may call the Health Department to report the results. However, due to high call volume, you may not reach anyone. **If you are unable to speak with someone, please leave a message with the following information:** the name, address, phone number and date of birth of the person who tested positive.