



HEALTH ADVISORY COVID-19 ISOLATION AND QUARANTINE UPDATE August 12, 2022

August 11, 2022, CDC released updated guidance for persons exposed to COVID-19. According to CDC, this updated guidance is intended to apply to community settings. In the coming weeks CDC will work to align stand-alone guidance documents, such as those for healthcare settings, congregate settings at higher risk of transmission, and travel, with the Aug 11 update.

[CDC's Aug 11 Isolation and Precautions for People with COVID-19](#): Media Release

[What to Do If You Were Exposed to COVID-19](#): Updated Guidance

CDC currently recommends precautions start immediately once exposed to COVID-19.

- Wear a high quality [mask](#) as soon as you find out you were exposed
- Start counting from Day 1
- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

Continue Precautions for a full 10 Days.

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public¹

- Do not go places where you are unable to wear a mask, including travel and public transportation settings.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

[More about how to protect yourself and others](#)

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result

If your test result is positive, follow the [isolation recommendations](#).

Get Tested on Day 6.

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).

City of Amarillo Department of Public Health

Amarillo Bi-City, Bi-County Health District

1000 Martin Road, Amarillo, TX 79107

(806) 378-6300

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IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.

IF YOU TEST

Positive

[Isolate immediately](#)

Bullet Points from CDC's Media Release

- Continuing to promote the importance of being [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. Protection provided by the current vaccine against symptomatic infection and transmission is less than that against severe disease and diminishes over time, especially against the currently circulating variants. For this reason, it is important to stay up to date, especially as new vaccines become available.
- Updating its guidance for people who are not up to date on COVID-19 vaccines on what to do if exposed to someone with COVID-19. This is consistent with the existing guidance for people who are up to date on COVID-19 vaccines.
- Recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day 5.
- Reiterating that regardless of vaccination status, you should isolate from others when you have COVID-19.
 - You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.
 - If your results are positive, follow CDC's full isolation recommendations.
 - If your results are negative, you can end your isolation.
- Recommending that if you test positive for COVID-19, you stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.
 - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
 - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
 - You should wear a high-quality mask through day 10.
- Recommending that if you had [moderate illness](#) (if you experienced shortness of breath or had difficulty breathing) or [severe illness](#) (you were hospitalized) due to COVID-19 or you have a weakened immune system, you need to isolate through day 10.
- Recommending that if you had [severe illness](#) or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- Clarifying that after you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.
- Recommending screening testing of asymptomatic people without known exposures will no longer be recommended in most community settings.
- Emphasizing that physical distance is just one component of how to protect yourself and others. It is important to consider the risk in a particular setting, including local COVID-19 Community Levels and the important role of ventilation, when assessing the need to maintain physical distance.

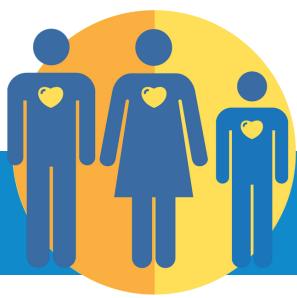
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AMARILLO AREA
COVID-19 INFORMATION

COVID-19:

Everything You Need to Know



Exposure: Quarantine of exposed persons is no longer recommended, regardless of vaccination status.



Start masking as soon as you are notified that you were exposed

Mask while inside your home or indoors in public spaces

Mask for 10 FULL days after exposure

Monitor yourself for symptoms

Test on day 6

Symptoms of COVID-19:

- Fever of 100.4 or higher
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- congestion or runny nose
- Nausea or vomiting
- Diarrhea



Testing Resources

- ➔ Amarillo Public Health continues to provide free drive-thru testing for those experiencing COVID-19 symptoms. Call (806) 378-6300 to set up an appointment
- ➔ Most drug stores have testing capabilities and carry home testing kits i.e. Walgreens, CVS, etc.
- ➔ Primary care physicians
- ➔ Urgent cares
- ➔ Free government home tests can be ordered at: <https://www.covid.gov/tests>

If you test:

Positive



Isolate immediately and follow CDC guidance for full isolation.

If you test:

Negative



Continue taking precautions through day 10

You can still develop COVID-19 up to 10 days after you have been exposed

How to protect yourself

Vaccination: Receive the primary series of a COVID-19 vaccine and continue to stay up to date with booster doses.

Understand your risks: Understanding the risk of COVID-19 for yourself and those around you can help you make informed decisions to keep you safe.

Treating COVID-19

Don't delay: Treatment must be started within days of when you first develop symptoms to be effective.

In order of preferred CDC therapies



Treatment

Who

When

How

Nirmatrelvir
with Ritonavi
(Paxlovid)
Antiviral

Adults;
children ages
12 and older

Start as soon as
possible: must begin
within 5 days of
when symptoms start

Taken at home by
mouth
(oral medication)

Remdesivir
(Veklury)
Antiviral

Adults and
children

Start as soon as
possible: must begin
within 7 days of when
symptoms start

Intravenous (IV)
infusions at a
healthcare facility
for 3 consecutive
days

*Monoclonal
antibody*

Adults;
children ages
12 years and
older

Start as soon as
possible: must begin
within 7 days of when
symptoms start

Single IV
Injection

Molnupiravir
(Lagevrio)
Antiviral

Adults

Start as soon as
possible: must begin
within 5 days of
when symptoms start

Taken at home
by mouth
(oral
medication)

Post or Long COVID

People with post-COVID conditions can have a wide range of symptoms that can last more than four weeks or even months after infection. Sometimes the symptoms can even go away or come back again.

Post-COVID conditions may not affect everyone the same way. People with post-COVID conditions may experience health problems from different types and combinations of symptoms happening over different lengths of time. Most patients' symptoms slowly improve with time.

However, for some people, post-COVID conditions may last months, and potentially years, after COVID-19 illness and may sometimes result in disability.

