

OVID-19 QUARANTIN

A GUIDE TO HOW THE NUMBER OF QUARANTINE OR ISOLATION DAYS ARE CALCULATED



CONFIRMED EXPOSURE per guidance from the Iowa Department of Public Health

SELF-QUARANTINE for 10 calendar days after last exposure to positive case



LAST EXPOSURE TO POSITIVE CASE:

October 1



QUARANTINE FOR:

10 days



LAST DAY OF QUARANTINE:

October 1



NOTE: If an individual receives a negative COVID-19 test administered on day 5 of their quarantine or later AND remains without symptoms, they may return to school or work on day 8 with appropriate documentation.



Scenario

TEST RESULT (individual is symptomatic)

SELF-ISOLATE for 10 calendar days following the onset of symptoms



SYMPTOMS FIRST APPEARED:

October 1



ISOLATE FOR:

10 days



LAST DAY OF **ISOLATION:**

October 1



SCHOOL / WORK:

October 12

symptoms first appeared = day 0 October 2020

		We	Th	Fr	Sa
			0	2	3 2
5 4	⁶ 5	7	⁸ 7	9	10 9
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31
	12 /	4 5 12 13 19 20	4 5 6 12 13 14 19 20 21	5 6 7 8 7 12 13 14 15 19 20 21 22	5 6 7 8 9 8 12 13 14 15 16 19 20 21 22 23

Scenario Three:

POSITIVE TEST RESULT (individual is asymptomatic)

SELF-ISOLATE for 10 calendar days from the date the positive test was administered



POSITIVE TEST ADMINISTERED:

October 1



REQUIRED TO ISOLATE FOR:

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LAST DAY OF ISOLATION:

October 1



RETURN TO SCHOOL / WORK:

October 12

positive test administered = day 0

October 2020

0 000000: 2020											
Su	Мо	Tu	We	Th	Fr	Sa					
				0	2	3 2					
⁴ 3	5 4	⁶ 5	7 6	⁸ 7	9	10 9					
10	\		14	15	16	17					
18	19	20	21	22	23	24					
25	26	27	28	29	30	31					

Scenario Four:

NO EVALUATION by a licensed medical healthcare provider

SELF-ISOLATE for 10 calendar days following the onset of symptoms



SYMPTOMS FIRST

October



REQUIRED TO ISOLATE FOR:







symptoms first appeared = day 0 October 2020

2 0 5 9 3 8 6 15 17 10 26 28 30 31