



DEPARTMENT OF PUBLIC HEALTH

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COVID 19 ISOLATION AND QUARANTINE GUIDELINES

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IF YOU WERE EXPOSED TO COVID-19

The date of your exposure is considered Day 0.

Day 1 is the first full day after your last contact with a person who has COVID-19.

1. Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public.
2. Continue precautions 10 Full Days.
3. Watch for symptoms:
 - Fever (100.4°F or greater)
 - Cough
 - Shortness of breath
 - Loss of taste or smell
4. If you develop symptoms:
 - Isolate immediately
 - Get tested
 - Stay home until you know the result
5. Get tested at least 5 full days after your last exposure
 - Test even if you don't develop symptoms.
6. 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.

IF YOU TEST POSITIVE FOR COVID-19

Stay home for at least 5 days and isolate from others in your home.

If you have no symptoms

Day 0 is the day you were tested (not the day you received your positive test result)

Day 1 is the first full day following the day you were tested

If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

- If you have no symptoms, you may end isolation after day 5.
- Wear your mask through day 10.

If you have symptoms

Day 0 of isolation is the day of symptom onset, regardless of when you tested positive

Day 1 is the first full day after the day your symptoms started

- You may end isolation after day 5 if:
 - You are fever-free for 24 hours (without the use of fever-reducing medication)
 - Your symptoms are improving
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
- Wear your mask through day 10.

If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

If you have a weakened immune system or moderate or severe COVID illness, consult your physician before ending isolation.

This information is taken from the Centers for Disease Control update May 11, 2023. Website: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>.

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