# ISOLATION

**MEMORIAL HOSPITAL** —Since 1962— Chester, Illinois

## HOW TO KEEP YOU AND OTHERS SAFE

If you **tested positive** for COVID-19 or **have symptoms**, regardless of vaccination status

## CALCULATING ISOLATION

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

## STAY HOME FOR AT LEAST 5 DAYS

- Stay home for 5 days and isolate from others in your home.
- Wear a well-fitted mask if you must be around others in your home.

# ENDING ISOLATION

### IF YOU HAD SYMPTOMS

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

### IF YOU DID NOT HAVE SYMPTOMS

End isolation after 5 full days after your positive test.

### IF YOU WERE SEVERELY ILL WITH COVID

You should isolate for at least 10 days. Consult your doctor before ending isolation.

## TAKE PRECAUTIONS UNTIL DAY 10

### WEAR A MASK

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

### AVOID BEING AROUND PEOPLE WHO ARE AT HIGH RISK

### AVOID TRAVEL

## RESULTS

The Illinois Department of Public Health (IDPH) Surge Center is now assuming all contact tracing and case investigation responsibilities. Positive Covid-19 cases will receive an automated message asking you to participate, if you do not participate, "Opt-In", you will not receive any communication or correspondence.

If you have not been contacted with your results **AFTER 3 days**, you can call the hospital for results at 618-826-4581 ext. 1349 Monday-Friday 7a-3p and ext. 1235 after hours and on weekends. If you **need a copy of your COVID-19 Results** you can request a copy of results from Memorial Hospital, call 618-826-4581 ext. 1241 or 1247.