



MADISON COUNTY HEALTH DEPARTMENT

To protect, promote and improve the health of our community.

216 BOGGS LANE • PO BOX 1208 • RICHMOND, KY 40476-1208
(859) 623-7312 • (859) 626-4298 FAX

Upon Testing Positive for COVID-19

Please start isolating at home as soon as you test positive. Isolation means staying in a room by yourself away from other household members. You should remain isolated to help prevent the spread of viral illness to family, friends, and others you might encounter. Even if you do not have any symptoms, you should separate yourself from others until your period of isolation ends.

When isolating from other household members try to use a separate bathroom if possible and avoid being in common areas of the household at the same time. Use a bleach solution to clean all high-touch surfaces of the home (including counters, sinks, tabletops, doorknobs, toilets, phones, remote controls, keyboards, tablets, and bedside tables). Avoid sharing personal household items (dishes, drinking glasses, cups, eating utensils, towels, or bedding), wear a mask in the home if you must leave your isolation room or be around others, and call ahead before visiting your doctor.

If you have tested positive for COVID-19 and have symptoms, you should isolate for 10 days from the date symptoms began. If you continue to have symptoms on Day 10, it is recommended you see your primary care physician.

If you have tested positive for COVID 19 and do not have symptoms, you should isolate for 10 days from the date that you were tested.

During isolation it is very important that you only leave your home if you are seeking medical care.

When to Seek Medical Care

Seek medical care right away (call 9-1-1) if you experience any of the following symptoms:

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Not able to wake or stay awake
- Blue colored or tinted lips or face

PLEASE NOTE: Due to a higher number of COVID-19 cases in Madison County, you may not receive a phone call from the health department. Please review and follow the guidelines in this document. If you have questions regarding isolation, quarantine instructions or need additional information, please call the Madison County Health Department at 859-623-7312.

Notifying Close Contacts

If you have tested positive for COVID-19 it is extremely important that you notify anyone who has been in close contact with you. Close contacts need to quarantine after being exposed to COVID-19 to help reduce the spread of the virus.

A close contact is anyone who was **six feet or closer** to someone with COVID-19 for a total of **15 minutes or more over a 24-hour period** – even if the person was wearing a mask.

If you have tested positive for COVID-19 and have symptoms - identify all close contacts beginning two days before your symptoms started. If you have tested positive for COVID-19 and do not have symptoms, identify close contacts from two days before your COVID-19 test date.

Due to high transmission of COVID-19 in our county and surrounding areas, your close contacts will not receive a call from the local health department. **Please share the attached quarantine guidance that is included in this letter with all close contacts.**

Your household contacts will begin quarantine on the **last day of exposure to you**—if you cannot separate completely during your illness, the quarantine period will not begin until your last day of isolation.

Have you been exposed to or tested positive for COVID-19?

If you have tested POSITIVE FOR COVID-19 and have SYMPTOMS :	If you have tested POSITIVE FOR COVID-19 and have NO SYMPTOMS :	If you are unvaccinated and have been in CLOSE CONTACT with someone diagnosed with COVID-19:
Isolate for	Isolate for	Quarantine* for
10	10	10
DAYS from the date symptoms began.	DAYS from the date you had your test done.	DAYS from your last exposure.

*Quarantine may be shortened to 7 days if you have no symptoms and test negative for COVID-19 on day 5 or later. If you have been in close contact with someone diagnosed with COVID-19 and are fully vaccinated, you do not need to quarantine but are recommended to get tested 5-7 days after exposure.

Kentucky Public Health
October 20, 2021
KYCOVID19.KY.GOV
TEAM KENTUCKY