



Updated COVID-19 Guidance

The Logan County Health District has updated the guidelines for isolation and quarantine based on newly released guidance issued by the Centers for Disease Control and Prevention. The updated recommendations are as follows:

Isolation: Isolation is for individuals infected with COVID-19.

- When counting days, Day zero (0) is the day your symptoms first started (or the day you were tested if you have no symptoms). Day one (1) is the first full day after your symptoms started.
- People with COVID-19 should isolate for five (5) days and if they are asymptomatic or symptoms are resolving (without fever for 24 hours), follow that by five (5) days of wearing a mask when around others and avoid being around others likely to get seriously ill from COVID-19.
- 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 should isolate for the entire ten (10) days.
- 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.
- If your COVID-19 symptoms reappear or worsen after the end of your isolation, restart your isolation at day zero (0). Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

Quarantine: Quarantine is no longer recommended for individuals exposed to COVID-19.

- If you are exposed to COVID-19, wear a high-quality mask for ten (10) days and test yourself after day five (5).
- If individuals develop symptoms, they should get tested immediately and isolate until they receive their test results. If they test positive, follow the above isolation recommendations.

COVID-19 continues to spread in our community. Check <https://loganhealth.org/covid-19/> to get the most up to date local information for Logan County. Social distancing, mask wearing, staying home while sick, ensuring high indoor air quality and getting COVID-19 vaccines will all help reduce the spread and severity of COVID-19 in our community.

Full information from the CDC can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>