

<p><b>Low-risk: General Symptoms</b></p> <ul style="list-style-type: none"> <li>• Fever (<math>\geq 100.4^{\circ}\text{F}</math>)</li> <li>• Congestion/Runny Nose</li> <li>• Nausea/Vomiting/Diarrhea</li> <li>• Sore Throat</li> <li>• Headache</li> <li>• Fatigue/Muscle or Body Aches</li> </ul>	<p><b>High-risk: Red Flag Symptoms</b></p> <ul style="list-style-type: none"> <li>• Cough (new onset affecting quality of life)</li> <li>• Difficulty Breathing</li> <li>• Loss of Taste/Smell</li> </ul>
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**If FULLY VACCINATED, START at the BOTTOM ROW.**  
**For FAMILY MEMBERS of a confirmed/presumed case, most will fit the EXPOSED definition and should follow those recommendations.**

Case Type	CONFIRMED	PRESUMED (whether there is a known exposure or not but symptoms more likely COVID with known exposure)	EXPOSED (assumes NO SYMPTOMS, if symptomatic use the PRESUMED column)
<b>Who does this apply to?</b>	Individual with any positive COVID test result.  Applies to both any Rapid Antigen Test <sup>§</sup> and any PCR Test <sup>§§</sup> .	Individual with $\geq 2$ low risk symptoms <u>OR</u> 1 High risk symptom. (Applies whether exposed to COVID or not.)  See Above Chart for <b>low risk vs. high risk</b> symptoms.	Individual who has been closer than six feet to a person with a confirmed or presumed COVID case <sup>¶¶</sup> for 15 or more cumulative minutes in a 24 hr period, regardless of either person wearing a mask or not.
<b>Quarantine/Isolation Time</b> <u>Quarantine</u> is for those exposed. Typically 14 days as you wait to see if symptoms develop or not. <u>Isolation</u> is for known or presumed infection. Typically 10 days as you wait for infectivity to resolve.	Isolation for 10 days from onset of symptoms OR if no symptoms then from date test was taken (if you develop symptoms the 10 day clock restarts). You must also be free of fever* for at least 24 hours AND symptoms improved.	Isolation for 10 days from onset of symptoms. You must also be free of fever* for at least 24 hours AND symptoms improved.  <b>Can be cleared sooner with a Blue Fish appointment*** if an alternative diagnosis is found.</b>	10-14 days** from the last day exposed to the confirmed/presumed positive individual (during what should have been their time of isolation).
<b>Early Return Qualifications</b>	Not Available. You CANNOT test out of isolation confirmed by a positive test.	<b>Can be cleared sooner with a Blue Fish appointment*** if an alternative diagnosis is found.</b>  If positive test at any point, follow CONFIRMED column.	Can return after 7 days if NO symptoms and negative COVID test <sup>¶</sup> taken 5 days (no sooner) after the last day exposed to the confirmed/presumed positive individual.
<b>Requirements to Return to Work/School</b>	Isolation for 10 days from onset of symptoms OR if no symptoms then from date test was taken (if you develop symptoms the 10 day clock restarts). You must also be free of fever* for at least 24 hours AND symptoms improved. <b>No need to retest after completion of isolation.</b>	Isolation for 10 days from onset of symptoms. You must also be free of fever* for at least 24 hours AND symptoms improved.  <b>Can be cleared sooner with a Blue Fish appointment*** if an alternative diagnosis is found.</b>	Symptom free and completion of quarantine time or qualifies for early return as above.
<b>Fully Vaccinated Individuals</b> (Those with two Pfizer/Moderna vaccines or one Johnson & Johnson vaccine)	Isolation for 10 days from onset of symptoms OR if no symptoms then from date test was taken (if you develop symptoms the 10 day clock restarts). You must also be free of fever* for at least 24 hours AND symptoms improved.  <b>No need to retest after completion of isolation.</b>	Individual with $\geq 2$ low risk symptoms <u>OR</u> 1 High risk symptom. (Applies whether exposed to COVID or not.)  Isolation for 10 days from onset of symptoms. You must also be free of fever* for at least 24 hours AND symptoms improved.  <b>Can be cleared sooner with a Blue Fish appointment*** if an alternative diagnosis is found.</b> If positive test at any point, follow CONFIRMED column.	If you are exposed to a confirmed/presumed case, there is no need to quarantine if you are symptom free and the exposure happened at least 14 days after you became fully vaccinated. Must wear a mask for 14 days. If symptoms develop or positive test then reassess.  <b>Individuals must take a COVID test<sup>¶</sup> 3-5 days after exposure whether symptoms present or not. The later the test the more accurate the result.</b>

\* Without using fever-reducing medication.

\*\* CDC recommends a 14-day quarantine and reduce to 10 days if unable to comply but continue to monitor for symptoms.

\*\*\* Call your office for an appointment. For presumed cases with **known exposure**, a televisit or car visit is preferred.

<sup>¶</sup> Blue Fish strongly recommends any PCR test, but a Rapid Antigen Test with a sensitivity of 70% or higher is acceptable.

<sup>¶¶</sup> Contact is defined by CDC as being within six feet of an infected individual for a total of 15 minutes or more over a 24-hour period INCLUDING the 48 hours before the infected individual exhibited symptoms or, if asymptomatic, the 48 hours before the COVID test was administered.

<sup>§</sup> For Rapid Antigen Tests, POSITIVES are reliable, NEGATIVES are NOT reliable (repeat tests 36hr apart increases accuracy).

<sup>§§</sup> For PCR Tests, POSITIVES are reliable, NEGATIVES are generally reliable – the later the test the more accurate the result.