



## **BHS Medical Department**

### **When You Can Be Around Others**

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If you have or think you might have COVID-19 it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19.

If you have an emergency warning sign including trouble breathing, get emergency medical care immediately.

#### **I think or know I have had COVID-19 and I had symptoms**

You can be around others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever reducing medications and
- Other symptoms of COVID-19 are improving\*

\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

Most people do not require testing to decide when they can be around others; however, if your doctor recommends testing, he/she will let you know when you can resume being around others based on your test results.

*Note that these recommendations do not apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for "I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?"*

#### **I tested positive for COVID-19 but had no symptoms**

If you continue to have no symptoms, you can be with others 10 days after you have had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your doctor recommends testing, he/she will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I have had COVID-19, and I had symptoms."

**I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?**

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.

Persons who are severely immune compromised may require testing to determine when they can be around others. Your doctor will determine whether testing will be necessary before you can be around others.

**For Anyone Who Has Been Around a Person with COVID-19**

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

- The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home.

- Has COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (cough, shortness of breath)

Ref: CDC Centers for Diseases Control and Prevention.