

Pike County Health Department

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HomeCare



Across Illinois

PCHD News Release COVID-19 Guidance on Isolation and Quarantine

FOR IMMEDIATE RELEASE
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Pike County, IL – The Pike County Health Department would like to remind residents of the following information from the Illinois Department of Public Health (IDPH):

For individuals who have tested positive throughout the state of IL:

- All individuals who have tested positive for COVID-19 associated with a cell phone number will receive a text message from IDPH that will read:
IDPH COVID: There is an important message for you. Call 312-777-1999 or click the link <https://dph.illinois.gov/covid19/community-guidance/confirmed-or-possible-covid-19.html>
- PCHD will no longer be calling individuals to contact trace or to provide letters to return to school or work. Those letters will need to be obtained when calling 312-777-1999. You may need to leave a message due to the high call volume.
- IDPH is prioritizing individuals age 65 and over and at increased risk of severe disease. Those individuals will receive an additional text message if they do not respond to the initial text message.
- Local health departments will respond to COVID-19 cases in high-risk settings such as long term care facilities and manage outbreaks at schools, daycares, and long term care centers.
- It is now the responsibility of individuals testing positive for COVID-19 to isolate themselves for 5 days. Individuals testing positive should also notify their close contacts. Isolation can end if the individual has been fever free for 24 hours and their symptoms are resolving. The individual should then wear a well-fitting mask for an additional 5 days when around others and not able to socially distance.

For individuals exposed to someone that has tested positive for COVID-19:

- If you are up to date on your COVID-19 vaccine (fully vaccinated and have received a booster if available to you): **You do not need to quarantine.** However, you should get a COVID-19 test 5-7 days after last close contact to confirm that you did not get the virus. You should wear a well-fitting mask for 10 days when around others.
- If you have had COVID-19 within the last 90 days: **You do not need to quarantine,** but you should wear a well-fitting mask for 10 days when around others
- If you are not vaccinated: Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a **well-fitting mask** when around others at home, if possible. Continue to wear a well-fitting mask when around others for an additional 5 days.

PCHD continues community COVID-19 testing at the health department Monday – Thursday from 8:30am – 12:30pm. No appointment is necessary. Please follow posted signs for parking.

For more information, go to
<https://dph.illinois.gov/covid19/community-guidance/quarantine-guidance.html>

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