

Q & A: Self-Isolation

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If you received a laboratory confirmed result positive for COVID-19 and reside in Teton County, WY, you will be called by a case investigator from the Teton County Health Department. They will ask you to isolate at home until the infectious period has passed and you are no longer likely to be contagious. During that call, the case investigator will interview you to identify your close contacts and they will give you the details of your isolation order. An example isolation order can be found here: <https://tetoncountyywy.gov/2166/Self-Isolation-and-Quarantine-Questions>

However, **it might take our case investigators a day or two to get in touch with you after you receive your positive test result**, especially if many new cases are being reported in our community.

If you are sick but have not gotten tested or are waiting for test results, you should self-isolate to reduce the chances that you will spread the virus to others.

Q: What is self-isolation and why should I do it?

Isolation keeps someone who is sick or has tested positive for COVID-19 away from others, even in their own home.

You should stay at home and leave only to seek medical care or spend time outside on your property. You should stay in a specific room and away from other people in your home and use a separate bathroom, if available. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands.

Do not go to work, school, or public areas. Prohibit unnecessary visitors to your home. Do not use public transportation, ridesharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you must go out, such as to seek medical care, wear a face covering, avoid places with lots of people, and stay at least 6 feet from others. It is especially important to stay away from people who are at higher risk for getting very sick from COVID-19, such as older adults and people with underlying medical conditions.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty.

Q: When should I call a doctor?

Seek prompt medical attention if your symptoms worsen. Before seeking care, call your healthcare provider or St. John's Health at (307) 739-4898. Tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. If you need emergency medical care call 911 and tell them you have, or may have, novel coronavirus infection.

Q: When will my isolation end?

You should stay in your home or on your property until at least 1 day (24 hours) have passed since recovery. In this case, “recovery” means that 1) Your fever has gone away without the use of fever-reducing medications, 2) Your other symptoms have significantly improved, **AND** 3) At least 10 days have passed since your symptoms first began.

Q: What if I never get a call from a contact tracer?

It will sometimes take our contact tracing team a few days to get in touch with a case, though they make their best effort to get this done as quickly as possible.

If you do not receive a call from a contact tracer within 2 days of a positive test result, please email the Health Department at ph@tetoncountywy.gov

Q: Should I notify others of my positive result?

Yes. If you had *close contact* with others while you were *contagious*, then those people are at increased risk of contracting COVID-19 and spreading it to others. It may take a few days for contact tracers to reach all those people. In the meantime you can help reduce the spread of the virus by providing your close contacts with the handout [Q & A: Self-Quarantine](#) and recommending that they self-quarantine until they are called by the Health Department.

Q: When am I contagious?

You are contagious for 2 day prior to developing symptoms up until you have recovered. For an explanation of recovery, see **Q: When will my isolation end?** above. If you never develop symptoms you are still potentially contagious up to 10 days after the positive test and in the 2 days prior to when you were tested.

Q: How do I assess whether I had “close contact” with another person?

The following situations count as close contact:

- You were within 6 feet of someone for at least 10 minutes
- You received care at home
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- You sneezed, coughed, or somehow got respiratory droplets directly onto them

Q: What resources are available to me while I am self-isolating?

Our community has stepped up to provide multiple sources of assistance during this time. You can access services such as food and grocery delivery, prescription delivery, financial assistance, pet assistance, and more. Go to www.jhcovid.com and click on the "Resources" tab at the top of the page.

Q: Who should I contact with questions or concerns?

Please email additional questions to Teton County Health Department at ph@tetoncountywy.gov