

# WCS COVID-19 Stay at Home Requirements

*Protocols are to be applied in consultation with the Williamson County Health Department.*

## Positive Test or Symptoms of COVID-19

- Must remain at home (isolate) for a minimum of 10 days after onset of two or more symptoms. Must also be feeling well and afebrile (without fever-reducing medication) for at least 72 hours.
- Asymptomatic positive cases must remain home for 10 days after specimen collection date.
- If you are experiencing symptoms of COVID-19, you must remain home for a minimum of 10 days or have a note of release from a healthcare provider with alternative diagnosis.

### Steps to Take:

- Notify your principal, school nurse, or immediate supervisor. WCS will assist the health department in its contact tracing protocol for those who have been in close contact within 48 hours before your symptoms started or a positive test, if asymptomatic. Health information indicates that individuals may spread COVID-19 for two days before symptoms appear and that those without symptoms may still spread it to others.

## Exposure to Person with Confirmed COVID-19

- Must remain at home (quarantine) and monitor your health for 14 days after your last contact with a person who tested positive for COVID-19.
- Household contacts must remain in quarantine for 14 days after the positive case has been afebrile and feeling well (because exposure is considered ongoing within the house).
- ***It is important to understand that a negative COVID-19 test for a person who is a close contact does not change the requirement to complete the 14-day quarantine.***

### Steps to take:

- Notify the school or immediate supervisor that you have had close contact with someone who tested positive for COVID-19 and must quarantine for at least 14 days.
- Consider getting tested if you begin to show symptoms.

## Who is considered a “close contact”?

You generally need to be in close contact with a person to get infected. Close contact includes:

- Living in the same household as person with COVID-19
- Caring for a person with COVID-19
- Being within 6 feet of a person with COVID-19 for about 10 minutes or longer
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils, etc.)

**Public Information Hotlines**

TN Department of Health Coronavirus Hotline	Williamson County Public Information Line
Phone: 1-877-857-2945	Phone: 615-595-4880
10am-8pm Monday to Friday 10am-4pm Saturday and Sunday	9am-4pm Monday to Friday

**Decision Tree**

Isolation Requirements		Quarantine Requirements
Positive Test or Symptoms of COVID-19		Exposure to Person with Confirmed COVID-19 Test
Confirmed Lab Test	No Lab Test	“Close contact” is defined as those within 6 feet of someone who tested positive with COVID-19 for 10 or more minutes
↓	↓	↓
Notify School or Immediate Supervisor	Notify School or Immediate Supervisor	Notify School or Immediate Supervisor
↓	↓	↓
WCS will assist the WC Health Dept in their investigation and notification of people at work/school who were in close contact within 48 hours before symptoms started or positive test (if experiencing no symptoms)	Stay home for a minimum of 10-days after symptom onset plus symptom-free for 72 hours	Remain in quarantine and monitor health for 14 days after your last contact with the person who tested positive
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If asymptomatic, remain home for 10 days after specimen collection date	May return before 10-days only if released from healthcare provider with alternative diagnosis and have been symptom-free for 72 hours	A negative test result does not change the requirement to complete the 14-day quarantine
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Household members should quarantine at home while waiting on laboratory results		Consider getting tested if you begin to show symptoms
<b>Isolation is not optional</b>		<b>Quarantine is not optional</b>