If you are receiving this document, you have self-identified as someone with a positive over-the-counter home-based COVID-19 test result. CUPHD is not formally monitoring these persons and will not be issuing release letters to them. This letter can serve as a replacement for a release letter if you can:

1. Attest that you followed the public health guidance for isolation below
2. Confirm the date of your home-based test to your workplace or school

Individuals who test positive using a home-based COVID-19 test should be considered positive and isolate away from others for a minimum of 5 days.

Criteria for ending isolation:

→ If you have symptoms, the criteria for ending isolation include:
  o 5 days have passed since your symptoms began (The date of symptoms onset counts as day zero of isolation).
  o Your symptoms have gone away or are significantly improving
    ▪ If you have a fever, you should continue to isolate until you are fever free
  o You can wear a mask around others for an additional 5 days to minimize risk of infecting others
→ If you do not have symptoms, there are two main criteria for ending isolation:
  o 5 days have passed since your positive test
  o You can wear a mask around others for an additional 5 days to minimize risk of infecting others

**NOTE: the above guidance is for the general public.** If you work or attend a day care or pre-K-12 school, you will need to isolate for a total of 10 days. Healthcare workers who test positive should follow their workplace isolation and work restriction protocols.

CUPHD strongly recommends isolating yourself away from your household members. Tell your close contacts and household members you have tested positive. Your adult household members will need to quarantine for 5 days from their last exposure to you if they are not up to date on their COVID-19 vaccinations, including a booster dose, if appropriate. If you are unable to fully isolate yourself from your adult household members, they will need to quarantine for 5 days after the completion of your isolation period.
Minors living in your household who are not up to date on their COVID-19 vaccinations will need to quarantine for 10 days from the date of last exposure.

All close contacts should test on day 5, if possible, and wear a mask around others for 5 additional days. If any of your household members start showing symptoms of COVID-19, they should get tested and isolate immediately.

Thank you,

C-UPHD Covid-19 Response Team

Covid-19 Email: coronavirus@c-uphd.org