

# Isolation

Isolation is used to separate people who have tested positive for COVID-19 (those who are sick and those with no symptoms) from people who are not currently infected. Isolation generally lasts about 10 days depending on symptoms.

## Guidelines specific to positive cases in Isolation

- May NOT leave their home except to seek emergency medical care
- Should separate themselves from others in the home and keep a distance of at least 6 feet
- Stay in a separate room and use a separate bathroom
- Monitor symptoms and take temperature every day to complete daily health assessments sent by CUPHD
- Should wear a face mask when leaving area where Isolating
- If you experience serious symptoms such as difficulty breathing, shortness of breath, chest pain or bluish lips you should call 9-1-1 immediately



# Quarantine

Quarantine refers to the practice of confining individuals who have had an exposure (close contact with a COVID-19 case) to determine whether they develop symptoms of the disease. People are in quarantine for 14 days after their exposure to the positive person. CUPHD recommends that these people test on days 5 and 10 after exposure or at any time they develop symptoms.

## Guidelines specific to positive cases in Isolation

- Should stay home and not go to work, school or public areas. Stay 6 feet from others in your home. Stay in a separate room and use a separate bathroom
- Some people will be classified as critical infrastructure and are allowed to work under a specific set of guidelines approved by the employer. CUPHD will determine if quarantined individuals are eligible for modified quarantine
- Employers that allow employees to continue working after an exposure must implement tailored mitigation strategies for specific workplace settings
- Monitor symptoms and take temperature every day to complete health assessments sent by CUPHD
- Get tested on days 5 and 10 after exposure or if experiencing symptoms
- A negative test(s) in quarantine does not release you from quarantine

People in Isolation and Quarantine are asked to complete daily health assessments so CUPHD can monitor their symptoms and resource needs during their isolation/quarantine periods. A Contact Tracer from CUPHD follows up with each person via phone call, email or text message. Once a person has completed their Isolation or Quarantine, they are released by CUPHD and can return to their normal activities while continuing to practice masking and social distancing.

The Champaign-Urbana Public Health District has the authority to place people into mandatory isolation and quarantine.

C-UPHD Contact Information:

Hotline: 217-239-7877 OR Email: [coronavirus@c-uphd.org](mailto:coronavirus@c-uphd.org)



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