

If you received a rapid antigen test:

A **positive result** represents active COVID infection and isolation procedures should be followed as described below.

A **negative result** needs to be confirmed with a PCR test. Negative antigen tests *cannot* be used as clearance for school, travel, etc.

PCR test results will be posted to the patient portal and Healow app within **72 hours**. When they become available, *you can print them directly from the patient portal* to provide proof of a negative or positive test result.

Isolation for a person that tests positive for COVID-19: Anyone who tests positive for COVID-19 should isolate for 10 days from the start of their symptoms (or from the date of their test if asymptomatic) as long as symptoms have improved and they have not had fever within 24 hours (without the use of a fever reducer).

Quarantine for contacts of the person who tested positive: Anyone that has had an exposure (see below) to the positive individual should quarantine. The recommended quarantine duration is 14 days from the LAST exposure to the positive individual. While 14 days is most effective, discontinuation of quarantine can be considered:

- After 10 days if the person has remained completely asymptomatic.
- After 7 days if asymptomatic AND has a negative test on day 5, 6, or 7 after exposure.

Anyone that is exposed to COVID-19 should get tested if they begin to display symptoms.

Any decision to shorten quarantine should be done in coordination with the workplace or school.

Anyone that completes a shortened quarantine should monitor closely for symptoms and get retested if symptoms present for the remainder of the 14 days following exposure.

Fully vaccinated individuals that are exposed to COVID-19 should test 3-5 days after exposure even without symptoms. You should wear a mask in public for 14 days following exposure or until your test is negative. If testing is positive, you should isolate for 10 days. If test is negative, but then you develop symptoms, you should get retested.

Quarantine for household members of the person who tested positive: Asymptomatic household members who remain in the household of the person who tested positive and are unable to completely isolate from that individual will need to quarantine for the positive person's 10-day isolation period, and THEN begin the exposure quarantine as described above. This means that their quarantine will likely be 17-20 total days if they themselves do not test positive. If household members test positive, they should complete isolation as described above and the clock resets for asymptomatic household members that continue to test negative.

What is considered an exposure? Coming within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting 2 days before illness onset and continuing through infected person's isolation period.

Sports clearance after COVID-19: Anyone who has COVID should be screened for serious cardiac complications before returning to sports. A follow-up appointment for screening should be scheduled 10 days after positive test. If you receive a positive result, call our office to schedule.

MIS-C is a rare but serious complication of COVID-19 that can occur in children. Anyone under the age of 21 who develops fever lasting for 2 or more days within 2 months after having COVID-19 or having close exposure to COVID-19 should be evaluated by a healthcare provider. Other symptoms that sometimes occur with MIS-C include abdominal pain, diarrhea, vomiting, rash, bloodshot eyes, dry cracked lips, swollen lymph nodes, red or swollen hands and feet, mouth lesions, swollen tongue, fatigue, trouble breathing, neck pain, chest pain.

If you have questions, we are here to help. Call our office at 864-272-0388. Our triage line is available 24/7 for medical questions or concerns. If you have questions about quarantine duration or testing for family members, call during weekday business hours or go on our website (www.parksidepediatrics.com) for our convenient live chat option. If you are having difficulty breathing or other life-threatening symptoms, call 911 immediately.