



## DPH Updates on Who Should Get Tested For COVID-19/Isolation & Quarantine Guidance/Contact Tracing

There's quite a bit of confusion about who should get tested for COVID-19 and where to get tested. The Department of Public Health this week shared guidance in clarifying this concern.

### **If you:**

- Have symptoms. Especially, if you are unvaccinated or have serious or chronic underlying health conditions, get tested.
- Were exposed to someone with COVID-19. Get tested five days after exposure, if possible.
- You are not vaccinated. Those who are not vaccinated should be tested once a week.

With the demand for COVID testing, Delaware's Emergency Rooms have been overwhelmed. **Do not** go to the Emergency Department for a COVID-19 test.

### **DPH provided testing suggestions to help you find a testing location:**

- **Check for updates on DPH's website** to review the testing calendar at: [de.gov/gettested](https://de.gov/gettested). You may also find information on DPH social media sites at: @DEPublicHealth for closures due to weather or staffing shortages due to COVID-19. Decisions are being made daily.
- **Everyone wants a rapid test, but not everyone needs one.** The two instances where a rapid test would be the most appropriate are: 1) for those with symptoms, and 2) for children needing to return to school.

For others seeking a State of Delaware supported testing location (where you need a test result to return to work) you may make an appointment, [click here](#).

For all testing locations permanent and temporary, [click here](#).

## **UPDATED CDC ISOLATION & QUARANTINE GUIDANCE**

### **Isolate for 5 days if:**

- You have symptoms of COVID-19, including while waiting to get tested.
- You test positive for COVID-19, whether you have symptoms or not.

### **If you have/had symptoms:**

- Day zero is the onset of symptoms. Day one is the first full day of symptoms.
- You can leave isolation **after** five-full days if you have no symptoms and are fever-free for 24-hours without the use of medication, and your symptoms are improving. (Loss of taste can continue for weeks and should not delay end of isolation.)
- Wear a well-fitting mask **for five days after leaving isolation** in home/work/around other people.
- If you have a fever, continue to isolate until you are fever-free for 24-hours without the use of medication.

Note: If you are unable to wear a mask – isolate for 10 days.

**If you have no symptoms:**

- Day zero is the date you tested positive for COVID-19. Day one is the first full day after you took your COVID-19 test.
- You can leave isolation **after** five full days. **You still must wear a well –fitting mask for another five days** around others at home/work/around other people.

**CONTACT TRACING**

Due to high volume of calls, DPH contact tracers are prioritizing its efforts to contacting COVID positive persons and high-risk contacts. This means, contact tracers will call contacts in settings such as schools, long-term care facilities, and other congregate settings. Contact tracers will also speak with family members who are present during calls to the positive person.

What people should do:

- Start isolation or quarantine. Do not wait for calls from contact tracers to do so.
- Call their close contacts **within 48 hours of symptom onset or positive test result.**

**As always, if you have questions,** call 2-1-1. For those who are deaf and hard of hearing, text your ZIP code to, 898-211

Hours are Monday-Friday 8:00 a.m. to 9 p.m. and Saturday-Sunday 9 a.m. to 5 p.m.

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