

# Isolation and Precautions for People with COVID-19

COVID-19 can cause symptoms ranging from mild to very severe. For people who are older or those at [high risk](#) of getting very sick from COVID-19.

Treatment must be started within the first few days to be effective.

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with [people who are at high risk of getting very sick](#). Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. Regardless of vaccination status, you should isolate from others when you have COVID-19.

You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

When you have COVID-19, isolation is counted in days, as follows:

## If you had no symptoms

Day 0 is the day you were tested (not the day you received your positive test result)

Day 1 is the first full day following the day you were tested

If you develop [symptoms](#) within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

## If you had symptoms

Day 0 of isolation is the day of symptom onset, regardless of when you tested positive

Day 1 is the first full day after the day your [symptoms](#) started

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.

You are likely most infectious during these first 5 days.

## Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

### If you had no symptoms

You may end isolation after day 5.

### If you had symptoms and:

Your symptoms are improving. You may end isolation after day 5 if: You are fever-free for 24 hours (without the use of fever-reducing medication). Your symptoms are not improving. Continue to isolate until: You are fever-free for 24 hours (without the use of fever-reducing medication).

For more information go to the provided link:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

More information can be found on How Sick is to Sick.

If you have questions or concerns please reach out to me at school. My email is [krlane@sargent.k12.co.us](mailto:krlane@sargent.k12.co.us)

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All info taken from CDPHE and CDC.