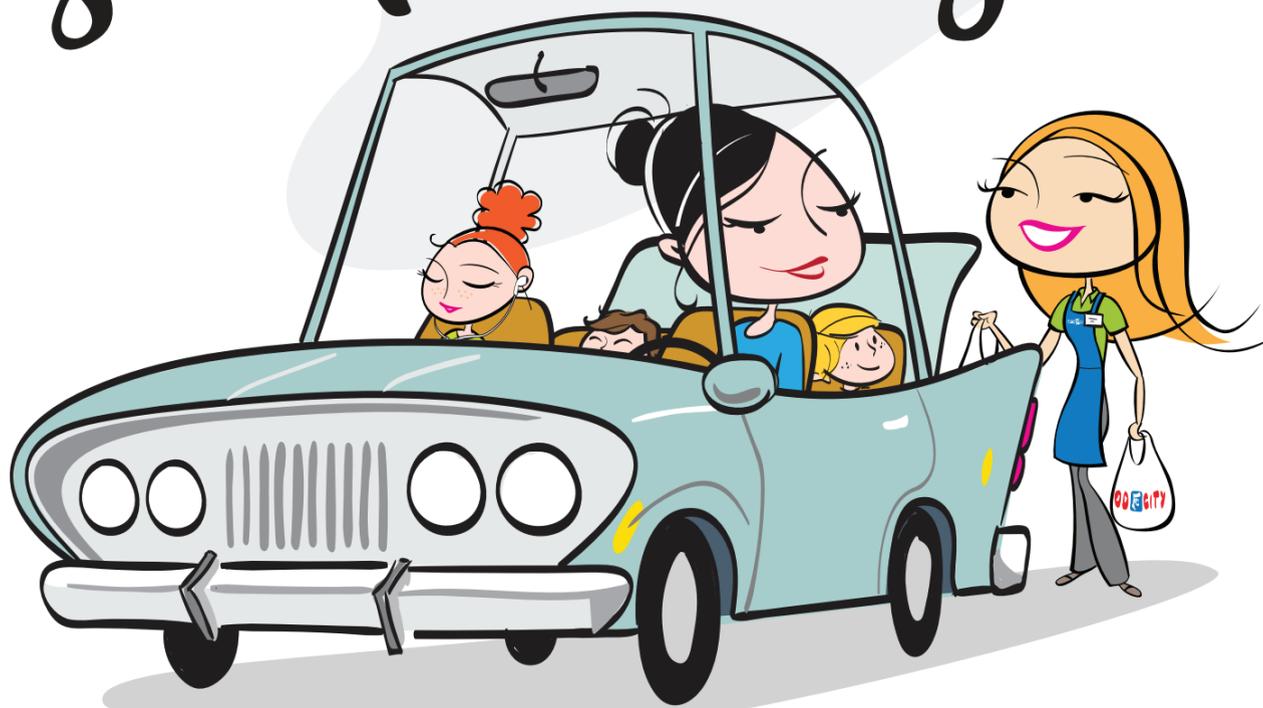


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CURBSIDE PICKUP

COVID Decision Guide, cont. 'd

Sore throat
Minor congestion
Low-grade fever
Headache
Fatigue

Loss of taste or smell (mainly associated with the Delta variant)

6. When is Someone With COVID Contagious?

A person with COVID-19 is considered infectious starting two days before they develop symptoms, or two days before the date of their positive test if they do not have symptoms

The original variants had an incubation period of four to five days but with Omicron, it's two to three days

7. Quarantine and Isolation: What Do I Need to Know?

What Is the difference between the two?

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick

Isolation separates infected and sick people with a contagious disease from people who are not sick

Quarantine

Unvaccinated People:

Those who believe they have been in contact with someone who has COVID and are unvaccinated should quarantine

Those who have been within 6 feet of someone with COVID for a cumulative total of at least 15 minutes over a 24-hour period should stay home for 14 days after their last contact with that person and watch for symptoms

– If possible, those quarantining should also stay away from the people they live with, particularly those who are at an increased risk of developing more severe COVID illness

– If symptoms appear within the quarantine window, isolate immediately and contact a healthcare provider, the CDC's guidance states

Vaccinated People:

Those who are fully vaccinated do not need to quarantine, according to the CDC, but they should get tested anywhere from five to seven days following their exposure regardless of symptoms

Isolation:

Those who test positive, regardless of vaccination status, must isolate, according to the CDC

People who are positive for COVID should stay home until it's safe for them to be around others, including even other members of their home

To calculate your full 10 day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed

If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after your positive test. If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed

Health officials recommend a "sick room" or area for those who are infected and a separate bathroom, if possible

That means you should stay in a separate room and use a separate bathroom from other people in your household, if possible, the CDC says

You should also wear a mask if you have to be around other people

Avoid sharing items (like cups and towels)

Avoid public transportation and generally avoid contact with other people

Monitor yourself for symptoms. You will likely get specific instructions from your doctor's office about what to watch for, which might include things like taking your temperature every day

Tell your close contacts that you tested positive and they may have been exposed

When Can You Resume Contact With Others After Having COVID

If you had symptoms

The CDC says you can be around others if you meet the following criteria:

10 days since symptoms first appeared and
24 hours with no fever without

the use of fever-reducing medications and

Other symptoms of COVID-19 are improving (note that loss of taste and smell may persist for weeks or months after recovery and do not count among these symptoms)

Note that these recommendations don't apply to those who have severe COVID or weakened immune systems

For those with severe illnesses or weakened immune systems, the CDC says staying home up to 20 days after symptoms first appeared is advised, but people in this group should talk to their healthcare provider before making decisions.

People with weakened immune systems may require testing to determine when they can be around others

If you tested positive but had no symptoms for the duration of your isolation, the CDC says:

You can be with others after 10 days have passed since you had a positive viral test for COVID-19 (based on the date you were tested)

8. When Should You Call a Doctor?

When you have tested positive and have symptoms

The CDC urges those who have or may have COVID-19 to watch for emergency warning signs and seek medical care immediately if they experience symptoms including:

Trouble breathing
Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

9. What Do I Do If My Child Under 5 Is Exposed to A COVID Positive Person

They do not need to see the doctor if there are no COVID symptoms

Your child should quarantine at home for 14 days and watch for symptoms

They do need to get a COVID-19 test

If needed, the CDC says that you can shorten your child's quarantine to

10 days as long as your child shows no symptoms, or to 7 days if your child has a negative COVID-19 test on or after day 5

10. What About Monoclonal Antibodies?

Monoclonal antibodies are laboratory-produced molecules that act as substitute antibodies that can restore, enhance, or mimic the immune system's attack on cells

For COVID, Monoclonal Antibody treatment is available to individuals with serious disease but they must be administered within five days of when you first started developing symptoms.

Test positive for COVID-19 (PCR or antigen test), AND:

Have had mild-moderate symptoms for 7 days or less (must still be symptomatic), AND:

Age ≥ 65 years OR

Age 12 years and older weighing at least 40 kg

Have at least one of the following:

– Overweight as defined by BMI > 25 kg/m², or if age 12-17, have BMI ≥ 85th percentile for their age and gender based on CDC growth charts

– Pregnancy

– Chronic kidney disease

– Cardiovascular disease (including congenital heart disease, hypertension)

– Diabetes

– Down syndrome

– Dementia

– Liver disease

– Current or former smoker

– Current or history of substance abuse

– Immunosuppressive disease or immunosuppressive treatment

– History of stroke or cerebrovascular disease

– Chronic lung disease

– Sickle cell disease

– Neurodevelopmental disorders (e.g., cerebral palsy)

– Having a medical-related technological dependence (e.g., tracheostomy, gastrostomy)

Post-exposure preventive monoclonal antibodies are available to those who have been exposed consistently with the CDC's close contact criteria AND who are: -High risk for developing severe COVID-19 AND – Not fully vaccinated OR vaccinated but immunocompromised AND – 12 years of age or older (and at least 88 pounds)

– Source: BLACKDOCTOR.ORG/ December 28, 2021.