

GUIDANCE FOR CONTACT TRACING, ISOLATION, AND QUARANTINE



Cherokee Nation follows CDC guidelines for contact tracing, isolation, and quarantine. The most recent guidelines can be found at

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/index.html#quarantine>

Positive Test

When someone tests positive - **isolate** until all of the following criteria are met:

- 1 At least 10 days have past since the onset of symptoms
 - If no symptoms, use the date of the test
 - If hospitalized, then it is 20 days
- 2 24 hours without a fever and without taking fever reduction medication
- 3 Other symptoms improving

When these criteria are met, the person is no longer contagious. Do not get retested for 90 days unless the person recovers and gets sick again. The test can be positive even when the person is not contagious.

Exposure

Exposure occurs when you are in **close contact** with someone who tests positive for COVID-19. This is defined as being within 6 feet for more than 15 minutes without wearing masks. Hugs/kisses count as close contact. Additionally, if someone coughs or sneezes directly in someone's face, or they share cups or eating utensils, that is also close contact.

- **Close Contact + COVID-19 Within 90 Days + No Symptoms**
 - No quarantine
- **Close Contact + Fully Vaccinated + No Symptoms**
 - No quarantine
 - Get tested in 3-5 days after exposure
- **Close Contact + Fully Vaccinated + Symptoms of COVID-19**
 - Get tested now
 - If test is negative and symptoms persist, call the COVID-19 Call Center listed below
 - If positive, please refer to the **Positive Test** section above
- **Close Contact + Not Vaccinated**
 - Quarantine for 14 days from last date of contact
 - Get tested 3-5 days after exposure, or get tested as soon as symptoms occur

Symptoms

Regardless of vaccination status, you should get tested if you have any symptoms consistent with COVID-19.

For questions related to COVID-19, please call 1-833-528-0063 or visit health.cherokee.org. For vaccine appointments, please call 539-234-4099.