



TURTLE MOUNTAIN BAND OF CHIPPEWA CORONAVIRUS RESPONSE TEAM

TRIBAL MASTER HEALTH DEPARTMENT | TMCHIPPEWA.COM

YOU HAVE COVID-19 INFECTION, NOW WHAT?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community.

STAY HOME EXCEPT TO GET MEDICAL CARE

People who are mildly ill with COVID-19 can **isolate at home** during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should **restrict activities** outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19.

Seek outpatient therapies that prevent serious illness/death if you are a high-risk patient, including:

- Individuals age 65 and older
- Individuals age 55 and older with cardiovascular disease, hypertension, or chronic obstructive pulmonary disease (COPD)
- Individuals age 12 and older with body mass index (BMI) >35 (moderate obesity), chronic kidney disease, diabetes, or immunosuppressed
- Individuals age 12-17 with obesity/overweight, sickle cell disease, heart disease, g-tube/tracheostomy or other technologic dependence, asthma or other chronic lung disease requiring daily controller medication

If you think you may meet one of these criteria for being a high-risk patient, please contact your healthcare provider's office for more information and a possible referral to a COVID-19 outpatient infusion center near you. If you received antibody therapy for COVID-19, COVID-19 vaccination should be

deferred for at least 90 days to avoid interference of the treatment with vaccine-induced immune responses.

REMEMBER: some of these medications have the best effect if given shortly after your diagnosis, before you have symptoms and/or require hospitalization, therefore please make this call immediately after receiving your positive test result.

SEPARATE YOURSELF FROM OTHERS IN YOUR HOME AND PRACTICE HEALTHY HABITS

As much as possible, you should stay in a specific room and away from other people in your home. More detailed guidance from CDC is available, see Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities. This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

DISCONTINUING HOME ISOLATION

You need to remain at home until **10 days** have passed since your symptoms began **AND** you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications **AND** symptoms are improving.

Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, if they are asymptomatic for the duration of their isolation.

It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures.

You should wait until your isolation is over before receiving the COVID-19 vaccine; if you received monoclonal antibody therapy for COVID-19, you should wait 90 days before receiving the COVID-19 vaccine.

After you are vaccinated, you are exempted from quarantine if you meet ALL the following criteria:

- Are fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine).
- Have remained asymptomatic since the current COVID-19 exposure.

The CDC recommends that fully vaccinated individuals who remain symptom-free do not need to quarantine but should get tested for COVID-19 3-5 days following an exposure and in accordance with the **TMBCI Mask Mandate – Resolution TMBC741-08-21-** everyone is required to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures.

You should wait until your isolation is over before receiving the COVID-19 vaccine; if you received monoclonal antibody therapy for COVID-19, you should wait 90 days before receiving the COVID-19 vaccine.

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Have remained asymptomatic since the current COVID-19 exposure.

The CDC recommends that fully vaccinated individuals who remain symptom-free do not need to quarantine but should get tested for COVID-19 3-5 days following an exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result.