Exposed to COVID

Physicians’ Primary Care
OF SOUTHWEST FLORIDA

Do you have any symptoms?

No

Are you vaccinated or had a positive COVID test in the past 3 months?

No

Quarantine for 10 days from your last exposure; no COVID test is necessary. If you choose, you may get a PCR test on day 5. If the test is negative, your quarantine can end on day 7. If symptoms develop during quarantine, you should get tested.

Yes

There is no need to quarantine. Wear a mask for 14 days after exposure and get PCR tested on day 3-5. Test again if any symptoms develop.

Get a test.

If symptoms are mild, any testing site is ok. If symptoms are moderate make an appointment with your PPC provider.

Are the test results positive?

No

Quarantine for 10 days. Make sure symptoms are improving and fever is gone for 24 hours by day 10. If you choose, you may get a PCR test on day 5. If the test is negative, your quarantine can end early on day 7.

Yes

Isolate for 10 days. Stay in a separate bedroom and avoid contact with family members if possible. Wear a mask and stay 6 feet from everyone. Isolation may stop after 10 days, and over 24 hours without a fever. Use Tylenol or Motrin, rest as much as possible and drink lots of fluids. Call us if your condition is worsening, and/or if your fever is lasting longer than 4 days.

Note: If anyone in your household tests positive, each member needs to quarantine according to the above guidelines.

“For testing sites, Google “COVID testing Lee County.” (Do not get a home test.) Visit CDC.gov for more information.”