

Dear Sir or Madam,

The Delaware Public Health District (DPHD) has received credible information that you have been diagnosed with COVID-19. The purpose of this letter is to provide you with guidance and resources to aid in your recovery and prevent further spread.

**What should you do as a COVID-19 case?**

Isolate at home for at least 5 days **and** wear a well-fitting face mask around others for a full 10 days.

- For counting days of public health restrictions, the day of symptom onset is considered day zero. If you did not have symptoms, the date you tested is day zero.

You can end your isolation period and resume normal activities once the following conditions are met:

- 5 days have passed since your symptoms started (or test date if no symptoms), **AND**
- You are fever-free with a temperature below 100.4°F for at least 24 hours without the use of fever-reducing medications (e.g., Tylenol, Advil), **AND**
- Your symptoms have improved.

You may remove your mask sooner than day 10, if:

- You obtain 2 negative antigen tests. The first test must be taken on day 6 or later.
- The second test must be taken 48 hours after the first test. For example, test on days 6 and 8, or days 7 and 9. After both tests are negative, you may stop masking.
- Note: If antigen test results are positive, you may still be infectious. Continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests until you have two negative tests 48 hours apart. Thus, you could continue to wear a mask and test beyond day 10.

**Additional Case Guidelines**

- Keep yourself isolated from anyone else in the household. This means to stay in a separate room and use a separate bathroom as much as possible.
- Please notify anyone you may have exposed beginning 48 hours prior to symptom onset (or if you have no symptoms, 48 hours prior to the positive test).

**If you have not already done so, please use the QR code or follow the link on this letter to complete a form regarding your illness.** This information is kept confidential and will assist us in understanding whom this disease is affecting and prevent further spread.

<https://forms.delawarehealth.org/Forms/COVID19CaseInterview>



This letter, including the ability to open links in the letter, can be found on [delawarehealth.org/covid-19](https://delawarehealth.org/covid-19) under Current Guidance on DPHD's COVID-19 home page.

Your commitment to this guidance (updated 8/25/2022) protects your health as well as the health of the community. If you have questions or need assistance, please visit [delawarehealth.org/COVID-19](https://delawarehealth.org/COVID-19) for helpful resources during your isolation or contact us at 740-368-1700 or through our secure portal at [delawarehealth.secureemailportal.com](https://delawarehealth.secureemailportal.com).

**DPHD General Public Guidance**  
**Exposure to COVID-19**  
**Updated 8/25/2022**

**Were you exposed to a COVID-19 case?**

An exposure would be defined as 6 feet or less for 15 minutes or more (cumulative in a 24-hour period) when one or both individuals were not wearing a mask.

**What to do if you were exposed to a COVID-19 case**

1. Wear a well-fitting mask for 10 days from your last exposure whether or not you are vaccinated or had COVID-19 in the past.
2. Wear a mask any time you are around others or inside your home.
  - Day zero is the day of your last exposure to someone with COVID-19.
  - Do not go places where you are unable to wear a mask, including travel and public transportation settings.
3. Monitor for symptoms ([Symptoms of COVID-19 | CDC](#)). If you develop symptoms, isolate immediately.
4. Get tested at least 5 full days after your last exposure (day 6 or later). Test even if you don't develop symptoms. [COVID-19 Testing: What You Need to Know | CDC](#)
  - If you test negative, continue taking precautions including wearing a mask through day 10. You can still develop COVID-19 up to 10 days after you have been exposed.
  - If you test positive, isolate immediately.
  - If you already had COVID-19 in the past 90 days, [see specific testing recommendations](#).

*\*Date of last exposure to the COVID-19 case is day zero for counting the days. If the exposed contact lives in the home of a COVID-19 case, this can result in up to 20 days of public health restrictions for the contact.*

**Additional Resources**

[DPHD COVID-19 Guidance](#)

[DelawareHealth.org/wp-content/uploads/2022/08/DPHD-COVID-19-Isolation-and-Exposure-Guidance.pdf](https://delawarehealth.org/wp-content/uploads/2022/08/DPHD-COVID-19-Isolation-and-Exposure-Guidance.pdf)

COVID-19 Exposure Guidance:

[Understanding Exposure Risks | CDC](#)

[What to Do If You Were Exposed to COVID-19 | CDC](#)

COVID-19 Illness Guidance:

[Isolation and Precautions for People with COVID-19 | CDC](#)

[If You Are Sick or Caring for Someone | CDC](#)