



Understanding Quarantine

Kylie Tray, MA- *ASERT Western Region*

Arvind Venkat, MD- *Allegheny Health Network*

Joann Migyanka, DeEd- *Indiana University of Pennsylvania*

This Q&A about understanding quarantine answers the questions: “When do I need to quarantine?,” “What counts as close contact?,” “What if I need to quarantine?,” “What should I do while I'm waiting for my test results?,” “What should I do if I test positive?,” and “What should I do if I test negative?”

- Understanding Quarantine print resource
- [ASERT Coronavirus \(COVID-19\) Health and Safety Guide](#)

KEY TAKEAWAYS

- While awaiting your test results, you AND all members of your household should self-quarantine.
- If you test positive, self-isolate until: Fever free and without infectious symptoms (cough most prominently) for at least 72 hours without use of anti-fever or other symptom management medications and 10 days have passed since symptoms began.

To contact our team:

Visit AIDinPA.org or email us at

AIDinPennsylvania@gmail.com

