

Guidance for those who test positive for COVID-19 and their contacts

Name document	Guidance for those who test positive for COVID-19 and their contacts
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Target group	Aruban community

Introduction

This document establishes the procedures and advice to be followed by those who test positive for COVID-19 and their contacts as per September 2022. It acknowledges that the pandemic is not over, but also helps us move to a point where COVID-19 no longer severely disrupts our daily lives. The end goal is 1) to protect the vulnerable who are more likely to get very sick from COVID-19 and 2) to prevent further spread.

Isolation

If you test positive for COVID-19 either through a laboratory test or a self-administered test:

- ❖ Isolate yourself for 5 days starting from positive test (regardless of whether you have symptoms or not, and regardless of whether you are vaccinated or not). This also applies to those who test weakly positive.
 - For instance, if you tested on September 15th (Day 0), and the results came back positive, you should remain in isolation up to and including the September 20th (Day 5), and are free to discontinue isolation on the September 21st.
- ❖ If after these 5 days you do not have symptoms (fever, cough, sore throat, nasal congestion) or your symptoms have resolved, you can discontinue isolation.
- ❖ If after these 5 days you still have COVID-19 related symptoms such as fever, cough, sore throat, nasal congestion, continue isolation until you have completed 24 hours without symptoms.
 - Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
- ❖ Those with moderate illness (shortness of breath, difficulty breathing) and severe illness (hospitalization) need to isolate longer and should consult this with their attending physician.
- ❖ Please note that you nor your contacts will be contacted by the Department of Public Health. It is your responsibility to inform your contacts, especially those who are vulnerable.

Advice during isolation period

- ❖ Stay home and separate from others as much as possible, especially those who are vulnerable and thus more likely to get very sick from COVID-19.
 - If you live with someone who is vulnerable and it is impossible to maintain distance, it is recommended to consider isolating at a different location.
 - If you should nevertheless be in contact or be present in the same room with others, adhere to preventive measure and make sure the shared areas are well-ventilated and cleaned regularly.

- ❖ Use a separate bathroom, if possible.
- ❖ Take steps to improve ventilation at home, if possible.
- ❖ Don't share personal household items, like cups, towels, and utensils.
- ❖ Monitor your symptoms.
 - If during this period you develop emergency warning signs such as difficulty breathing, persistent pain or pressure in the chest, confusion, bluish discoloration of the skin (resulting from poor circulation or inadequate oxygenation of the blood), among others, please contact your general physician.
- ❖ If strict isolation is not feasible, in any case:
 - Avoid being around people who are vulnerable.
 - Limit number of contacts as much as possible.
 - Remember to wear a high-quality mask when indoors around others at home and if you must go in public.
 - Adhere to preventive measures at all times.
- ❖ After isolation, avoid being around the vulnerable for until at least day 11.

Advice for those who have been in contact with a person with confirmed COVID-19

- Those who have been in contact with a person with a confirmed case of COVID-19, no longer have to quarantine.
- However, for 10 days following contact, they should:
 - avoid contact with vulnerable people as much as possible
 - keep monitoring their health
- If symptoms develop, they should conduct a self-administered test.
- A self-administered test on day 5 is optional

For questions and/or advice regarding your particular situation, you can contact us at 280-0101.

Sources:

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

[Quarantaine en isolatie | RIVM](#)