



Public Health
Prevent. Promote. Protect.

**Peoria City/County
Health Department**

FAQs about COVID-19

Quarantine or isolation: What's the difference?

- Quarantine keeps someone who might have been exposed to the virus away from others.
- Isolation keeps someone who is infected with the virus away from others, even in their home.

How long do I/my children need to Quarantine?

- Since it can take 2-14 days to show symptoms, your last day of quarantine is 14 days from your last close contact with the person with COVID-19. If you continue to live with and/or care for the person with COVID-19, you should quarantine 14 days from when the person with COVID-19 became eligible to be “cleared” from their own isolation.

Example: David is asymptomatic, was tested on 10/1 and informed of positive results on 10/2. He immediately began isolation in his home. His last day of isolation is 10/11 (10 days from the testing date). His sister Mary resides in the same home. As a close contact she should immediately quarantine in the home with the rest of her family until 10/25. This date is **14 days after her last close contact** with David while he was infectious (10/11). **Mary should not return to school until October 10/26.** If Mary develops COVID-19 symptoms, it is recommended that Mary be tested, and the ten-day isolation period would begin along with quarantine of other family members in the home who have not tested positive.

- If you do seek testing, a negative test result does not mean that you cannot become positive later. A test is valid only for the day on which it was reported. You must stay in quarantine for the entire 14-day period.
- If you have had close contact with a person with COVID-19 and/or have symptoms, do not go to work/school while your COVID test results are pending.

How long do I/my children need to Isolate?

- At least 10 days since symptoms first appeared or positive test date (if asymptomatic) **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)

If someone has previously tested COVID-19 positive do they need to be quarantined if named as a close contact?

Individuals who tested COVID-19 positive within the past 3 months by PCR or Antigen test should not have a suspicion of COVID-19 reinfection, and therefore, do not need to be excluded, isolated or quarantined.

Do I need a negative test to ensure I am no longer contagious?

You do not need to be retested to be released from isolation. Recovered patients can continue to COVID-19 detected for up to 12 weeks, meaning patients will continue to test positive even when no longer contagious.

How can I obtain a “Return to School/Work” letter from the health department after quarantine or isolation is over?

Individuals who have been contacted and set up for electronic symptom monitoring through the Health Department can generate their own release letter once quarantine/isolation is complete, i.e. the day of release. For example, if your last day of quarantine/isolation is 10/15, you will have access to the letter on 10/16.

On the day of release, open the end of symptom monitoring survey link sent via text or email on the final day. The system will recognize the monitoring period has ended and allow you to enter the email address where you would like to receive the letter. You can also go back to your last health assessment text or email, on your release day, and will be given the option to provide an email address for your release letter.

If you have not participated in electronic monitoring, you may contact the Peoria City/County Health Department at 309-679-6000 or request a letter from your physician.

What do I need to know about wearing masks?

- CDC recommends that people wear masks in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain.
- Masks should be worn correctly, covering both nose and mouth.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.
- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- Masks with exhalation valves or vents should NOT be worn to help prevent the person wearing the mask from spreading COVID-19 to others (source control).
- Evaluation of Gaiters and Face Shields is ongoing, and effectiveness is unknown at this time.

How can we reduce the risk of youth sports?

- **Reduce physical closeness** of players, and the length of time that players are close to each other or to staff.
- **Clean and Disinfect** shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).
- **Encourage social distancing** while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout). Use downtime for individual skill-building work or cardiovascular conditioning and monitor children not to share water bottles or cluster closely together.
- **Assess players at higher risk** of developing serious disease such as children who may have asthma or diabetes.
- **Decrease size of the team** as feasible.
- **Limit spectators** and volunteers and encourage social distancing of at least 6 feet.
- **Discourage travel** outside of the local community.