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What to Know if You Test Positive for COVID-19

- According to current CDC and IDPH recommendations, the patient who is positive must isolate for 10 days from the onset of symptoms, or the date of positive test if asymptomatic, AND till fever free for at least 24 hrs. and symptoms improving.
- Anyone who has had contact with the positive patient within 48 hrs. of onset of symptoms, or positive test if asymptomatic, needs to be notified and should quarantine for 14 days since the last contact with the COVID positive patient.
- This means if a child who is positive is still in contact with other family members in the household, the household contacts need to quarantine while they are in contact with the positive child, AND THEN for 14 additional days after the child's isolation period is completed.
- CDC advised having COVID test done on anyone who was around someone who is COVID positive 5-9 days after their exposure, and if they become symptomatic. A negative COVID test does NOT end the 14 day quarantine early.
- If anyone who has been in contact with the positive patient starts to have symptoms of COVID-19 – Cough, nasal congestion, any respiratory symptom, fever, sore throat, diarrhea, vomiting, fatigue, body aches, acute HA, or any other symptoms listed by the CDC - they should contact their physician to discuss further.
- A negative test for anyone who has had contact with someone who has tested positive for COVID-19 DOES NOT change their need to quarantine for 14 days, unless otherwise advised by their physician or health agency (may be different for healthcare providers).
- While the patient is under isolation, we will not be able to see them in our office, but please continue to contact our office for any healthcare needs or questions. We are happy to advise at any time and can refer them to where they can receive safe and appropriate care if needed.
- While the household is under quarantine because of a positive COVID-19 contact, we will not see them in our office for well child care. This should be rescheduled for after the isolation and quarantine timeframes are complete for the household. If sick care is needed, please contact our office and remind us that there has been a positive COVID contact and we can advise further.

Additional information and updates can be found at the [CDC.gov](https://www.cdc.gov) and [IDPH.gov](https://www.idph.gov) websites.

We appreciate the opportunity to provide care to you and your family, and will continue to be here for any of your medical needs. Please contact us if anyone is having any worsening symptoms or concerns, and we are happy to answer any questions you have at any time. Take care, and be well.

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