

Exposed to COVID

Physicians'
Primary
Care 
OF SOUTHWEST FLORIDA


Do you have any symptoms?

▶ Yes



Get a test.

If symptoms are mild, any testing site* is ok. If symptoms are moderate make an appointment with your PPC provider.

Are the test results positive?


▼ No

Quarantine for 10 days. Make sure symptoms are improving and fever is gone for 24 hours by day 10. If you choose, you may get a PCR test on day 5. If the test is negative, your quarantine can end early on day 7.

▼ Yes

Isolate for 10 days. Stay in a separate bedroom and avoid contact with family members if possible. Wear a mask and stay 6 feet from everyone. Isolation may stop after 10 days, and over 24 hours without a fever. Use Tylenol or Motrin, rest as much as possible and drink lots of fluids. Call us if your condition is worsening, and/or if your fever is lasting longer than 4 days.

◀ No


Are you vaccinated OR had a positive COVID test in the past 3 months?

▼ No

Quarantine for 10 days from your last exposure; no COVID test is necessary. If you choose, you may get a PCR test on day 5. If the test is negative, your quarantine can end on day 7. If symptoms develop during quarantine, you should get tested.

▼ Yes

There is no need to quarantine. Wear a mask for 14 days after exposure and get PCR tested on day 3-5. Test again if any symptoms develop.

Note: If anyone in your household tests positive, each member needs to quarantine according to the above guidelines.

**For testing sites, Google "COVID testing Lee County." (Do not get a home test.) Visit [CDC.gov](https://www.cdc.gov) for more information.*