

# City of Fond du Lac Human Resources

## Recent CDC Changes to COVID 19 guidelines August 15, 2022

**Isolation** is used to separate people infected with COVID-19 from those who are not infected.

Calculating Isolation. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

People who are in isolation should stay home for at least 5 days. Covid-19 positive people may end isolation after 5 days:

- If they have no symptoms, and wear a mask for an additional 5 days when in public or around other people.
- If they are fever free for 24 hours (without using fever-reducing medication) and symptoms are improving. They should continue to wear a mask for an additional 5 days when in public or around other people.
- If you had a moderate illness (experienced shortness of breath or had difficulty breathing) you need to isolate through day 10.
- If you had a severe illness or have a weakened immune system, you need to isolate through at least day 10 and consult your doctor before ending isolation.

### What to do

Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.

[Wear a mask](#) when around other people if able.