# COVID-19 FAQ Sheet

**Why do I have to do 10 days in isolation but my family has to do 14 days in quarantine?**

The virus can take up to 14 days to show symptoms.  We suggest for those who are not showing symptoms but have been in close contact with someone who is COVID positive to quarantine for 14 days to see if they develop symptoms.

**Can I get COVID-19 again?**

There is currently not enough research on this for us to be able to give you an answer.  Since we don't know, we suggest you continue wearing your mask, social distancing, and practicing proper hand hygiene to prevent getting COVID 19 again, just in case.

**My doctor said I should isolate for 14 days, but you said to isolate for 10 days.  Which should I follow?**

We always suggest that you listen to your physician.

**What medications can I take for this?**

Please contact your physician for information regarding medication.

**Is there a treatment for COVID-19?**

Currently, there is not a treatment.  Please refer to your physician as to what medications you can take for your COVID-19 related symptoms.

**When do I need to go back and see my doctor?**

You should contact your physician, 911, or the hospital if you are having trouble breathing, your lips/finger tips are turning a blue-ish discoloration (cyanosis), if you have any extreme symptoms (such as fatigue), or if your symptoms persist longer than 10 days.  These signs are life-threatening and need immediate medical attention.  If you do need to go to the hospital or get transported by an ambulance, be sure you inform them that you are COVID-19 positive over the phone, so they can take the proper steps to protect themselves.

**Should I get retested after I meet the requirements for ending my isolation period?**

We do not suggest you get retested unless your employer requires it. We think the symptom-based requirements are more accurate and that you aren't contagious if you meet those requirements.


**Since I tested positive for COVID-19, should my family all go in and get tested?**

Please consult your physician to see if your family should get tested. If they are asymptomatic, please have them quarantine for the full 14 days, unless otherwise directed by your physician.


**My family member got a negative COVID test and I got a positive COVID test. As long as I isolate from them, is it ok for my family member to continue working?**

No, we suggest they go through their whole 14-day quarantine period. If the test is done too early or too late, there may not be enough virus for the test to detect. A negative test does not necessarily mean that the person is not sick or will not get sick.


**Should I inform my contacts that I have been within 6 feet for longer than 15 minutes within a 24-hour period that I tested positive for COVID-19?**

Yes. If you would prefer South Central Public Health Department to contact your contacts, please call 208-737-5980 and let them know that you would like to list your contacts to have us contact them. If you choose this option, please be prepared with at least their names and phone numbers.


**Why do you need this information?**

We would like to keep up with you to make sure you are doing ok and that your symptoms are improving. In addition, we are collecting this information for our public health investigation. Your information will be kept confidential.


**My doctor has already asked me all of these questions and calls me every day asking about my symptoms. Do I need to answer them again?**

We have to do our own investigation. We do not have access to your doctor's investigation information, so we have to conduct our own.


**What if I have more questions in regards to COVID-19?**

For any general questions about COVID-19, you may call our COVID-19 hotline 208-737-1138 (English) or 208-737-5965 (Spanish). For any specific questions about how COVID-19 may affect you, please contact your physician.