



COVID-19 Frequently Asked Questions

Who should be tested for COVID-19?

- Asymptomatic individuals should not be tested
- Mildly ill patients should be encouraged to stay home and contact their healthcare provider by phone for guidance about clinical management
- Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of illness, even if symptoms are mild
- Patients who have severe symptoms, such as difficulty breathing, should seek care immediately

Should a mildly ill individual who lives with high risk individuals get priority testing?

Mildly ill individuals who are concerned about high risk close contacts should contact their healthcare provider (HCP) for guidance. Specimens can be collected in healthcare settings and testing is available through commercial laboratories without approval form NJDOH. These individuals should follow home isolation instructions.

Is it okay to call someone who is mildly ill but not tested a COVID-19 case?

- Yes, if a person has symptoms consistent with COVID-19 and testing for other respiratory pathogens are negative or not performed, it's possible for the individual to have COVID-19.
- The individual should be instructed to self-isolate at home, practice good hand hygiene and clean and disinfect surfaces at home
- They should remain home from work or school and avoid contact with others until at least 3 days (72 hours) have passed since recovery (defined as resolution of fever without the use of fever-reducing medications) and improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND** at least 7 days have passed since symptoms first appeared

What is the current guidance for quarantine of close contacts of positive COVID-19 cases?

Asymptomatic close contacts of a confirmed COVID-19 case should:

- Not go to work or school and avoid public places except to get medical care for 14 days
- Monitor their health for fever, cough and shortness of breath for 14 days after exposure
- Contact their healthcare provider to let them know they have been exposed if they are pregnant, have medical conditions, or are 60+ years old



When can home isolation for positive COVID-19 cases be discontinued?

Home isolation for a positive COVID-19 case can be discontinued when at least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND** at least 7 days have passed since symptoms first appeared.