



## Ministry of Health, Wellness and Elderly Affairs

Communications on this subject  
should be addressed to:  
Permanent Secretary

Sir Stanislaus James Building  
Waterfront, Castries  
Saint Lucia, West Indies

### REVISED QUARANTINE AND ISOLATION PROTOCOLS

#### Guidelines for Quarantine and Isolation:

If you have any COVID-19 symptoms\* or if you have no symptoms but were in CLOSE CONTACT\*\* with a person who was infectious with COVID-19, follow these guidelines:

*\*COVID-19 symptoms include: • Fever or chills • Cough • Shortness of breath or difficulty breathing • Sore throat • Muscle or body aches • Fatigue • Nausea, vomiting, or diarrhea • Headache • Loss of taste or smell*

#### Separate yourself from others:

- Stay at home except to seek medical care.
- Do not go to work, school, or public areas until you know the results of your test.
- Do not use public transportation.
- Do not prepare or serve food to others.
- Limit contact with pets. Separate yourself from others in your home.
- Do not allow visitors.

#### Prevent the spread:

- Wear a mask and cover your coughs and sneezes.
- Clean and disinfect all “high-touch” surfaces every day.
- Wash your hands often.
- Do not share household items.

#### Practice homecare:

- Rest and drink plenty of fluids.
- Seek medical care if you develop symptoms or your symptoms get worse.
- Seek medical care if you experience: difficulty breathing, inability to keep fluids down, dehydration, or confusion.

*\*\*A close contact is a person who has had any one of the following exposures to a probable or confirmed case:*

- 1. face-to-face contact with a probable or confirmed case within 1 meter and for at least 15 minutes*
- 2. direct physical contact with a probable or confirmed case*
- 3. direct care for a patient with probable or confirmed COVID-19 disease without the use of recommended PPE*

### **What to do after you get your test results:**

- 1. If you receive a positive PCR test result, you need to complete a period of isolation.**

**Isolation** is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others.

### **What to do for isolation:**

- Monitor your symptoms.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Do not accept visitors to your home.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people.
- Inform people who you spent time with from the 2 days before you started having symptoms or 2 days before you tested positive (whichever came first) that you have COVID-19 (i.e. social contacts, workplace, school).

### **When to Seek Emergency Medical Attention (Warning Signs):**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

**Ending isolation for fully vaccinated people who tested positive for COVID-19 but had no symptoms:**

- If you continue to have no symptoms, you can end isolation after 7 days.
- Continue to wear a mask around others and in public.
- If you develop symptoms after testing positive, your isolation period should start over. Day 0 is your first day of symptoms and you must complete 10 days of isolation.

**Ending isolation for unvaccinated people who tested positive for COVID-19 but had no symptoms:**

- If you continue to have no symptoms, you can end isolation after at least 10 days.
- Continue to wear a mask around others and in public.
- If you develop symptoms after testing positive, your isolation period should start over. Day 0 is your first day of symptoms and you must restart your 10 days of isolation.

**Ending isolation for people (regardless of vaccination status) who tested positive for COVID-19 and have symptoms:**

- You must complete 10 days of isolation and discharged once asymptomatic for 3 consecutive days (days 8, 9 & 10).

**2. If you receive a negative PCR test result, you need to complete a period of quarantine.**

**Quarantine** is used to separate people who have come into contact with a diagnosed case of COVID-19 from other persons. People who are in quarantine should stay home until it's safe for them to be around others.

If you do not have symptoms, you may end quarantine after receiving a negative PCR test result (taken on Day 7 after the last contact with the confirmed case of COVID-19) but should continue monitoring symptoms for a full 14 days.

If you are tested before the seventh (Day 7) after the last contact with the COVID-19 case, your result may be a false negative and you are required to get tested again on Day 7.

If you develop symptoms of COVID-19, during your quarantine period, get another test.

# COVID-19 Test

