



**NEWS RELEASE**  
**7/20/2021**

### **Cheyenne County Health Department Reminders for COVID-19 Isolation and Quarantine**

Those who have tested positive for COVID-19 or who are symptomatic must isolate themselves in their homes. If they are symptomatic, it is recommended that they get tested. The person who is ill must isolate themselves in their home, away from others for 10 days from the day of onset of symptoms. On the 11<sup>th</sup> day, if fever free and overall feeling much better, they may resume normal activities.

Those who have been exposed to a positive case or someone suspected of having COVID-19 (who does not live in their home) must quarantine themselves in their home away from others for 10 days from last day of exposure to the positive case. On the 11<sup>th</sup> day, if fever free, symptom free and have not tested positive, may resume normal activities.

The Cheyenne County Health Department is conducting the COVID-19 case investigation and contact tracing. Contact tracing is currently one of the most important tools we have for controlling the spread of the virus. While we understand that no one wants to be the reason someone is unable to work, allowing the virus to spread unchecked will be much more harmful to the community and would have an even greater impact on employment. Cooperating with contact tracers will help prevent people from getting sick. Preventing further spread of the virus is the best strategy we must protect jobs and livelihoods. If you are a positive case, please cooperate with the health department when they contact you for your close contacts to quarantine.

The delta variant is a naturally occurring mutation of the SARS CoV-2 virus, the virus that causes COVID-19. Data show that the delta variant is more contagious and spreads more easily than the original COVID-19 virus. The delta variant accounts for a growing proportion of new coronavirus cases across the U.S., and people infected with the delta variant are more likely to need hospitalization than those infected with earlier strains of the virus.

Data shows that the COVID-19 vaccines are extremely effective in protecting fully vaccinated people from catching and spreading the virus, including the delta variant. There have been some breakthrough cases throughout the state. A vaccine breakthrough infection is defined as the detection of SARS-CoV-2 RNA or antigen in a respiratory specimen collected from a person  $\geq 14$  days after they have completed all recommended doses of a U.S. Food and Drug Administration (FDA)-authorized COVID-19 vaccine.

The health department continues to offer COVID-19 vaccine to anyone 12 years of age or older. Please contact the Cheyenne County Health Department for an appointment by calling 785-332-2381.