

COVID-19 LARAMIE

CHEYENNE LARAMIE COUNTY HEALTH DEPARTMENT

# county guidance

## Navigating COVID-19

Use the information below to navigate your symptoms or exposure to determine any action items you may need to take.

HAVE YOU TESTED  
POSITIVE FOR COVID-19?

YES

NO

You need to begin isolation if you have not already done so. You will be contact traced and issued official isolation orders from the state.

For more information on isolation, [click here.](#)

HAVE YOU BEEN IN CLOSE  
CONTACT WITH A POSITIVE CASE?

YES

NO

*Close contact is being a household contact or within 6 feet in the 48 hour period prior to symptom onset or positive test result if asymptomatic.*

You need to begin quarantine if you have not already done so. You will not be contact traced. Please retain official order from positive case or utilize this [request form](#) for quarantine orders.

For more information on quarantine [visit here.](#)

You do not need to quarantine or isolate at this time. Please be vigilant in watching for any symptoms of COVID-19.

Information of symptoms can be found [here.](#)

### When and how to quarantine:

The term quarantine refers to someone who might have been exposed to COVID-19. By quarantining after you are alerted to possible exposure, you help prevent the spread of disease that can occur before you start feeling any symptoms.

The CDC provides more details about who needs to quarantine and what quarantining looks like [here.](#)

### When and how to isolate:

The term isolate refers to someone who has tested positive for COVID-19. If you have received a positive COVID-19 test, you need to isolate yourself immediately.

The CDC provides more details about who needs to isolate and what isolating looks like [here.](#) This also includes details about when it is safe to be around others again.