



**FOR IMMEDIATE RELEASE**  
October 28, 2020

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### **Duration of Isolation and Precautions for Adults with COVID-19**

**Cody, Wyo. (October 28, 2020)** – Cody Regional Health would like to put people at ease when it comes to “testing positive” with the novel coronavirus.

Cody Regional Health is following strict CDC guidelines regarding COVID-19. It is important to understand that after being diagnosed with symptomatic or asymptomatic COVID-19, re-testing is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection.

It is important for employers and patients to know that there is no medical value in testing someone for COVID who has been positive in the last three months. Because tests look for viral DNA, fragments of virus can still make the test positive long after the patient is fully recovered and no longer contagious. Tests should never be used as return-to-work criteria because they may stay positive for months after recovery.

“There are very few known cases of reinfection in the world and no confirmed reports to date of a person being reinfected with COVID-19 within 3 months of initial infection” says Dr. Elise Lowe, Chair of the Viral Management Committee. Testing appropriately helps get people back to work and enjoying their lives again, and preserves critical medical resources.

People should not feel uncomfortable going out into public, nor should anyone be required to “re-test” after being COVID positive for at least the 3 month recommended timeframe. People are most infectious right about when symptoms start to develop. After this, the CDC recommends waiting at least 10 days (isolation period is determined by your public health isolation orders) before going back out in the public.

Patients experiencing COVID-19 symptoms including shortness of breath, chest pain, palpitations or other more serious symptoms should go to their closest ER or call 9-1-1.

CRH would like for individuals to take advantage of free COVID testing at <https://www.vaulthealth.com/covid>. The \$150 testing fee is waived for all kits shipped to a Wyoming address and all shipping is prepaid. The saliva is collected during a supervised, online telehealth visit with a Vault test supervisor, which requires an internet connection. Results are reported within 48 hours of when your sample arrives at the lab.

As COVID-19 cases rise statewide, Cody Regional Health continues to strongly recommend the use of masks in public settings where it is not possible or reasonable to stay physically apart and stress the importance of staying home when ill.

*For assistance with this story, please contact Ashley Trudo at [atrudo@codyregionalhealth.org](mailto:atrudo@codyregionalhealth.org) or call (307) 578-2512.*

### **About Cody Regional Health**

CRH is a national leading critical care access healthcare system serving Northwest Wyoming. CRH employs and partners with over 100 providers offering a wide variety of comprehensive services including a walk-in clinic, Orthopaedic clinic, wound care and cardiology. Adjacent to our hospital is a 94-bed Long-Term Care Center and 16-bed chemical dependency center. CRH offers an 8-bed hospice care house and a regional cancer center. CRH abides by the Planetree philosophy as a model of health care. The Planetree model strives to enhance patient comfort by personalizing, humanizing and demystifying the health care experience. More information can be found at [www.codyregionalhealth.org](http://www.codyregionalhealth.org).