When to start and end quarantine

You should stay home for 14 days after your last close contact with a person who has COVID-19. For all of the following scenarios, even if you test negative for COVID-19 or are not experiencing COVID-19 symptoms, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus. See scenarios below to determine when you can end quarantine and be around others. According to the CDC, close contact includes two or more people gathering in close proximity (within 6 feet) with or without masks for more than 15 minutes of sustained engagement (talking, eating, drinking, etc.).
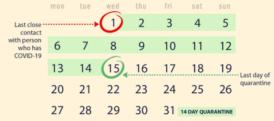
SCENARIO 1:
Close contact with someone who has COVID-19 and will not have further close contact

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days= end of quarantine

	mon	tue	wed	thu	fri	sat	sun
Last close contact with person who has COVID-19 →			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Last day of quarantine — 14 DAY QUARANTINE

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENARIO 2:
Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine

	mon	tue	wed	thu	fri	sat	sun
Person with COVID-19 starts home isolation →			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Last day of quarantine — 14 DAY QUARANTINE

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENARIO 3:
Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine

	mon	tue	wed	thu	fri	sat	sun
Start of first quarantine →			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Additional contact or someone else got sick, quarantine starts over (5). Last day of quarantine (19). 14 DAY QUARANTINE

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

SCENARIO 4:
Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

	mon	tue	wed	thu	fri	sat	sun
Person is sick/ has COVID-19 →	30	31	1	2	3	4	5
Criteria met to end home isolation →	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Last day of quarantine — 14 DAY QUARANTINE

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

People who have been in close contact with someone who has COVID-19 — excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

- Stay home and monitor your health
- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4˚F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days* have passed since symptom onset and
- At least 24 hours have passed since fever resolved without the use of fever-reducing medications and,
- Other symptoms have improved.

  * A small fraction of persons with severe illness may produce replication-competent virus beyond 10 days that may warrant extending duration of isolation and precautions for up to 20 days after symptom onset. Consider consultation with infection control experts.

Persons infected with SARS-CoV-2 who never develop COVID-19 symptoms may discontinue isolation after at least 10 days following the date of their positive RT-PCR test for SARS-CoV-2 RNA

HIGHLIGHTS:

COVID exposure (they had close contact with someone who tested positive for COVID)

- Self-quarantine for 14 days from date of known exposure
- COVID testing for a direct contact does not allow the student to stop the 14 day self-quarantine. They must complete the 14 days even if they test negative
- If they develop symptoms then they will follow the symptomatic guidelines

COVID Negative contact of a contact (they are the roommate of a person who had close contact with someone who tested positive for COVID)

- Contact of a contact who shares a dorm room will be asked to self-quarantine until it can be determined if the contact is going to be tested or has symptoms.
- If the roommate becomes positive at that point they will now be self-quarantined for 14 days from the date of exposure.

COVID positive asymptomatic

- Self-quarantine 14 days from the date of exposure

COVID positive symptomatic

- At least 10 days have passed since symptoms started AND
- At least 24 hours have passed since fever resolved without the use of fever-reducing medications AND,
- Other symptoms have improved

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.

7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

CDC

cdc.gov/coronavirus

CS 315822-A   07/01/2020