

### How long should I quarantine as a close contact?

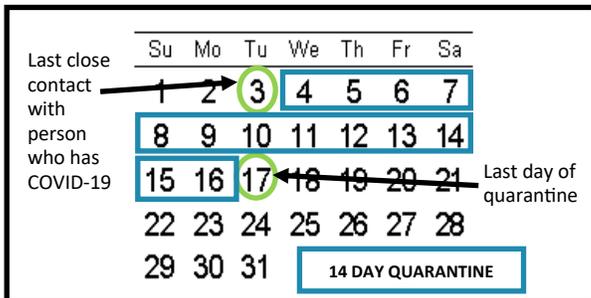
Close contacts are defined as someone who had within 6 feet of contact with a positive COVID-19 case starting 48 hours before symptoms occurred or test was collected, regardless of cloth face covering. The following is an example of how long a close contact should quarantine after being exposed.



Your last day of quarantine is 14 days from the last time you had close contact with the person who has COVID-19

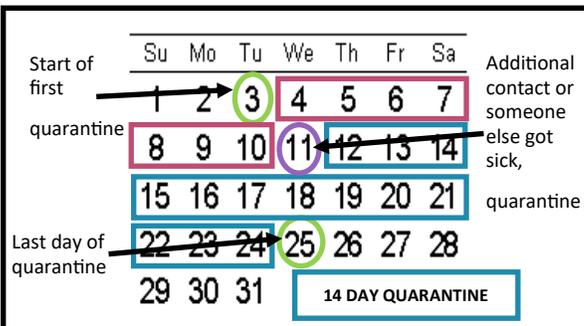
### Close Contacts within the Household:

Not all household members must be considered close contacts. Identify those within the household that meet the above definition of a close contact. Below are 3 different scenarios that may occur for close contacts within a household:



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 or your last date of close contact.



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 or someone else who became sick during my quarantine?

You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19.



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 physical distance of 6 feet.

You should quarantine for 14 days after the person who has COVID-19 meets the criteria to end their isolation.

### Ending Close Contact Quarantine Early:

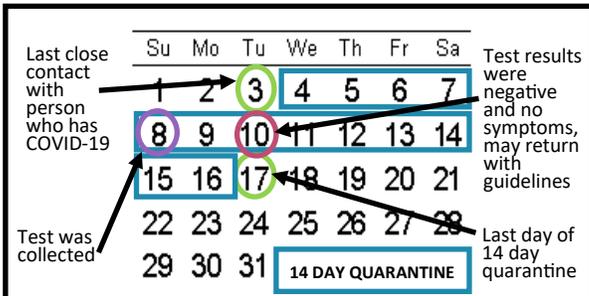
The following are examples of when a close contact may return to school/work/activities per CDC's options to reduce quarantine for close contacts.



#### 10 Day Return

I was in close contact with a positive COVID-19 case and have quarantined. It has been at least 10 days and I have had no symptoms. I may return to school/work/activities as long as I adhere to the following through Day 14:

- Monitor for symptoms daily
- Wear a mask
- Social Distance **AND**
- If any symptoms develop, I should immediately self-isolate



#### 7 Day Return

I was in close contact with a positive COVID-19 case and have quarantined. It has been at least 7 days, I have had no symptoms, I had a test collected on Day 5 or later and have received a negative test result. I may return to school/work/activities on Day 7 as long as I adhere to the following through Day 14:

- Monitor for symptoms daily
- Wear a mask
- Social Distance **AND**
- If any symptoms develop, I should immediately self-isolate



#### 7 Day Return

I was in close contact with a positive COVID-19 case and have quarantined. It has been at least 7 days, I have had no symptoms, I had a test collected on Day 5 or later but have not received results. I need to stay quarantined until test results come back. If I receive a negative test result I may return to school/work/activities as long as I adhere to the following through Day 14:

- Monitor for symptoms daily
- Wear a mask
- Social Distance **AND**
- If any symptoms develop, I should immediately self-isolate

**\*\*If my test result comes back positive, I need to stay quarantined and follow positive COVID-19 case guidelines on the pink sheet provided at the testing site and/or available on colehealth.org.**