

HOME QUARANTINE



What is Quarantine?

Quarantine is the act of separating people who have been exposed to a contagious disease like COVID-19 from others, monitor them, and see if they become sick.

Where Should You Quarantine?

If you are in quarantine, you should stay home or another location, so you don't unknowingly spread the disease.

How Long Should You Stay in Quarantine?

If you are asymptomatic and have been boosted, OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms, follow isolation guidelines.

If you are asymptomatic and completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR completed the primary series of J&J over 2 months ago and are not boosted OR are unvaccinated:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Test on day 5, if possible.
- If you develop symptoms, follow isolation guidelines.

Who Needs to Quarantine?

- Anybody who were within 6 feet of someone contagious with COVID-19 for a total of 15 minutes or more over the course of a day (24 hours).
- Anyone who live in the same household as someone with COVID-19.
- Anybody who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who has COVID-19.
- Anyone who provide care for a person who has COVID-19 at home.

What to do While in Quarantine?

- Monitor your symptoms, watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.
- If possible, stay in a separate room from all other household members.
- If possible, use your own bathroom.
- Do not go to work, school, or any other place outside the home.
- Do not invite guests from outside your household into your home.
- Wear a face mask if other people are around.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash hands thoroughly and often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Avoid touching your face with unwashed hands.
- Avoid sharing personal household items, such as food, dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, wash them thoroughly with soap and water.
- Get tested Immediately if you develop symptoms.

For more information about quarantine, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/quarantine/aboutlawsregulationsquarantineisolation.html>

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>