

QUARANTINE FAQS FOR PATIENTS

1. Who needs to quarantine?

Anyone who has been in **close contact with someone who has COVID-19, anyone diagnosed with COVID -19 and anyone who has symptoms of COVID -19 but has not been tested for COVID -19.**

2. What counts as close contact?

If...

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

3. When can I end quarantine?

If....

- **Exposed to COVID:** Quarantine for 14 days.
- **Showing symptoms:** Stay under home quarantine for at least 14 days and until you are symptom-free for at least 96 hours or 4 days.

IMPORTANT: If you have any symptoms, such as chest pain or shortness of breath, then seek medical attention.

Scenarios

The following scenarios can help determine when you can end quarantine and be around others:

Scenario 1 - Close contact / someone NOT sick / non-symptomatic: 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.



Ex: You last had contact with a person who has COVID-19 on the 1st of the month. Your quarantine will start on the 1st at noon and last until the 15th at noon - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).

Scenario 2 - Isolated: 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.

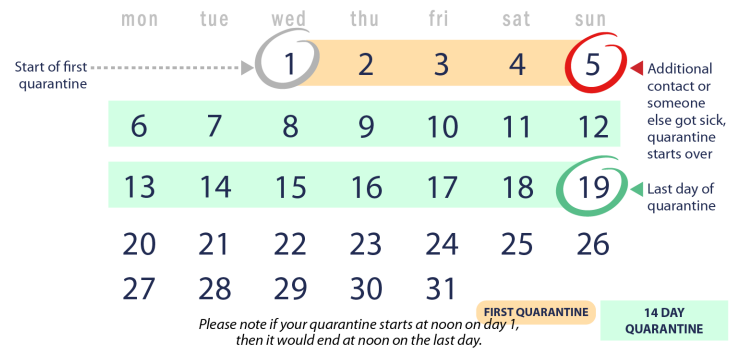
Ex: A housemate with COVID-19 began home isolation on the 1st of the month. Your quarantine will start on the 1st at noon and last until the 15th at noon - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).



Scenario 3 - Close contact with sick/symptomatic person. 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.

Ex: You had close contact with a COVID-19 positive person on the 1st of the month at noon. Your quarantine will start on the 1st and last until the 15th at noon. However, you had an additional contact with another COVID-19 positive person on the 5th at 2 pm. Your quarantine will re-start on the 5th at 2 pm and last until the 19th at 2 pm - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).



Scenario 4: 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: 3 days with no fever, improved respiratory symptoms (e.g. cough, shortness of breath), and it has been 10 days since symptoms first appeared.

Ex: A person in your household is sick and has been diagnosed with COVID-19 on the 30th of the month. You are unable to isolate the individual and/or you provide direct care for them. The individual recovers and is cleared to end home isolation on the 9th of the following month. Your quarantine will begin on the 9th and will end on the 23rd.

