

Quarantine Guidance for Household and Close Contacts of a Person with COVID-19

Quarantine is for people who were exposed to someone with COVID-19 but haven't yet developed any symptoms of COVID-19[†] themselves. It prevents the spread of COVID-19 by asking people who *might* be infected to stay away from others until enough time has passed to be sure they don't have COVID-19.

If you were **within 6 feet** of a person with COVID-19 for a **cumulative total of 15 minutes or more over a 24-hour period** *or* had **physical contact** with a person with COVID-19, you need to stay in **quarantine** at home for **10 days**.

Quarantine means you need to:

- **Separate yourself** from the person (people) with COVID-19 in your home, if there are any.
- **If possible, get tested for COVID-19** with a PCR or antigen (nose swab or saliva) test at the SEARHC Clinic. (Note: a negative test *might* allow you to end quarantine after 7 full days if you have not had any symptoms. See the **Home Quarantine Guidance Flow Chart** on the back of this page.)
- Stay at home for **10 days** after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food. This includes: **Not** going to work, school, or public areas
 - § If you **work in an essential service** *and do not have any symptoms*[†] consistent with COVID-19 and must go to work during the 10-day **quarantine** period, **you must wear a face mask** when you are within 6 feet of other people and self-monitor for any new symptoms. **You must get permission** from the Public Health Nurse.
- **Wash your hands** and avoid touching your eyes, nose, and mouth. **AND** cover your coughs and sneezes.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Call ahead** before going to any medical appointments and tell your healthcare provider about you are a close contact with someone who has COVID-19.
- **Continue to monitor your temperature & symptoms and wear a mask** for **14 days** after your last contact with the person with COVID-19, regardless of when your quarantine period ends.

If you develop any symptoms consistent with COVID -19[†] during **quarantine**, you need to:

- **Get tested for COVID-19** with a PCR or antigen (nose swab or saliva) test at SEARHC Clinic. (Note: if you have had symptoms, a negative test **does NOT** allow you to end quarantine early.)
- **Follow** the symptomatic portion of the **Home Quarantine Guidance Flow Chart** (on the back of this page).

[†]Symptoms of COVID -19 can range from mild to severe illness and may include: Check the [CDC web site](#) for the latest list of COVID-19 symptoms.

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|--------------------------------|-----------------------------------------------|------------------------------|
| • Cough | • Shortness of breath or difficulty breathing | • Fever or chills |
| • Muscle or body aches | • Headache | • Fatigue |
| • Nausea or vomiting, diarrhea | • Sore throat, congestion, or runny nose | • New loss of taste or smell |

Have you experienced any symptoms of COVID-19 since your exposure to a person with COVID-19?

YES,
I have/had symptoms

NO,
I have not had symptoms

POSITIVE / NEGATIVE / UNTESTED SYMPTOMATIC

Call the SEARHC Clinic & isolate until it has been at least:

10 Days since your symptoms have appeared,
AND 24 hours since your last fever

without the use of fever reducing medication,
AND your other symptoms have improved.

If tested, a **NEGATIVE** result does not end your isolation earlier because of your exposure and the need to quarantine

Did you get a COVID-19 test from the SEARHC Clinic since your exposure and are your results available?

NO,
I'm waiting for results
or haven't been tested

YES,
I have my test results

If you are **WAITING** for your test result, begin by following the **NEGATIVE** guidelines, then re-evaluate when you know your results.

If you **HAVEN'T HAD** a COVID-19 test, begin by following the **NEGATIVE** guidelines, then re-evaluate if or when you get tested and know your results.

NEGATIVE

Quarantine for 10 days from the date of your last exposure to someone with COVID-19.

Continue to monitor yourself daily for symptoms consistent with COVID-19.

POSITIVE ASYMPTOMATIC

Isolate for 10 days from when you were last tested.

If you develop any symptoms during your isolation, follow the guidance for **POSITIVE SYMPTOMATIC**.

Early Release Special Exception with a Negative Test

Quarantine may end after 7 full days following your last exposure if you have:

- 1) Tested for COVID-19 collected at least **5 days** following your last exposure,
- 2) Received those test results and they are **negative**,
- 3) Have been **symptom free** since exposure.

You must meet all 3 of the above criteria to end quarantine. You will need to continue to monitor yourself daily for symptoms and continue all COVID-19 Mitigation Strategies.

For more information:

SEARHC COVID-19 Hotline
907-966-8799

SEARHC Gustavus Clinic
907-697-3008

Juneau Public Health Nurse Office
907-465-3353