



When To Start And Stop Quarantine

14 Day Full



You should stay home for **7-14 days** after your last close contact with a person who has COVID-19. The 14 day full quarantine is still the safest option but the CDC now allows two acceptable alternatives.

Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more in a 24 hour period is what counts as close contact.

Contact with a close contact does not require quarantine.

Situation 1:

I had close contact with someone who has COVID-19.
I will not have further contact with the person while they are sick.

How long to quarantine
14 Day Option:



Your last day of quarantine is 14 days from the date you had close contact if you don't develop COVID symptoms or test positive.



If you develop COVID symptoms or test positive, then you need to switch to a 10 day isolation from when your symptoms started.

Situation 2:

I had close contact with someone who has COVID-19.
I live with the person but can avoid further close contact.

How long to quarantine
14 Day Option:



As long as you don't develop COVID symptoms or test positive, your last day of quarantine is 14 days from when the person with COVID-19 began home isolation. You must have no further close contact with the person since they isolated, which includes staying in a separate bedroom and using a separate bathroom if possible.



If you develop COVID symptoms or test positive, then you need to switch to a 10 day isolation from when your symptoms started.

Situation 3: While under quarantine I had another close contact with someone who has COVID-19.

How long to quarantine
14 Day Option:



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, you will need to restart your quarantine if you had close contact with them.



You had additional contact with someone who has COVID-19 and/or someone else in my household got sick with COVID-19.

Your 14 day quarantine restarts.



The first day you can leave quarantine.



If you develop COVID symptoms or test positive, then you need to switch to a 10 day isolation from when your symptoms started.

Situation 4: I live with someone who has COVID-19 and I cannot avoid close contact. I am providing direct care to a person who has COVID-19, 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.

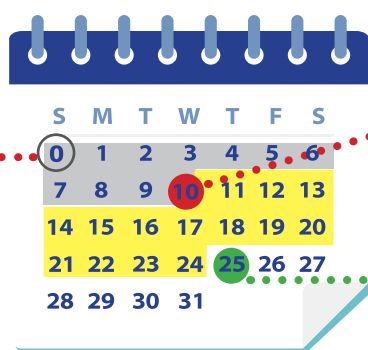
How long to quarantine
14 Day Option:



You should remain at home for 10 days while the person can still spread the illness, and then quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.



Person is sick with COVID19 and is in home isolation. Household member must remain at home, too.



The sick person has met the criteria to end home isolation.

This is your first day of the 14 day quarantine.



The first day you can leave quarantine.



If you develop COVID symptoms or test positive, then you need to switch to a 10 day isolation from when your symptoms started.

Questions?

Call the Douglas County Health Department COVID-19 Information Line: 402-444-3400.