



Quarantine Guidance for Household and Close Contacts of a Person with COVID-19 Revised – 02 December 2020

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 a healthcare facility or other testing site. Call 2-1-1 to find a testing site. (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 using public transportation, rideshares, or taxis
 - 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.
- 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 your 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 a healthcare facility or other testing site. Call 2-1-1 to find a testing site. (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).

*Essential Services are defined by Governor Ducey's Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/eo_	_2021.pdf
[†] Symptoms of COVID-19 can range from mild to severe illness and may include:	

• Cough

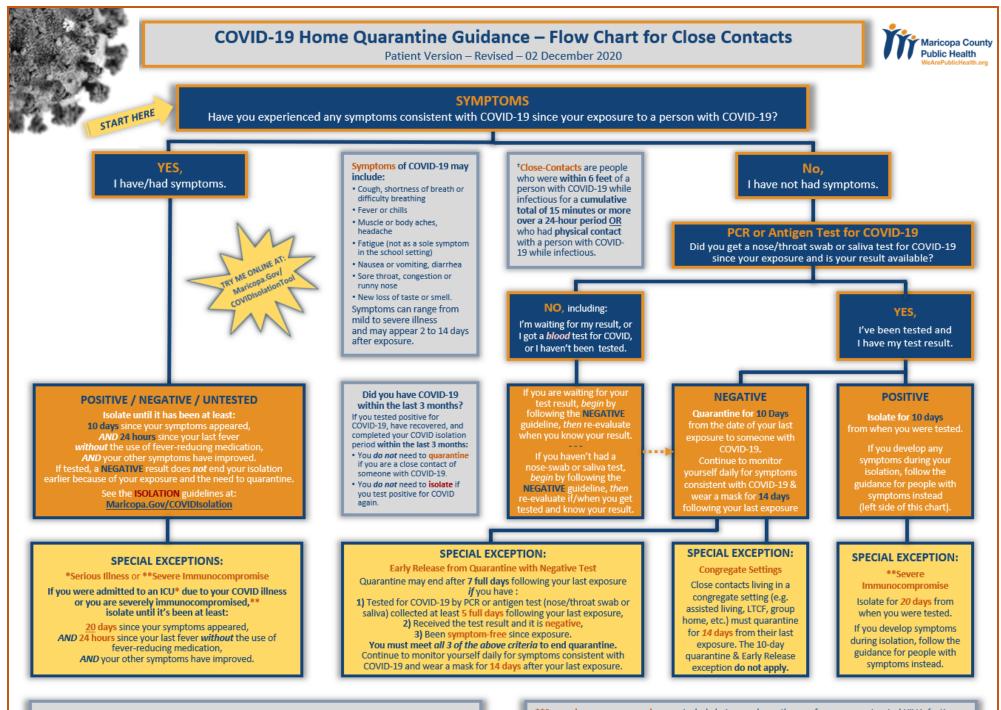
Muscle or body aches

- Shortness of breath or difficulty breathing
- Fever or chills
- Fatigue (not as sole symptom in school setting)
- New loss of taste or smell.

• Nausea or vomiting, diarrhea Check the CDC web site for the latest list of COVID-19 symptoms.

Sore throat, congestion or runny nose

Headache



* Serious illness – e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html ****Severe immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.