COVID-19 QUARANTINE GUIDANCE

When you have been exposed to someone who tested positive with COVID-19 or is sick with COVID-19 symptoms, you are at risk for getting infected and spreading illness to others.
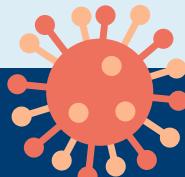
QUARANTINE

After a COVID-19 exposure, quarantine means staying away from other people for a period of time to make sure you haven't gotten the virus or get sick with symptoms.

Who should quarantine?

Anyone who had close contact with someone who tested positive for COVID-19, or has an illness that could be COVID-19, is at risk for getting infected.

Your chances of getting infected are lower if you are up to date on vaccination or were recently infected. Use this table to know who should quarantine:

Do I need to quarantine after an exposure?	
IF YOU Are 12 years or older and completed the primary 2-dose series of Pfizer or Moderna vaccine over 6 months ago and have not received your booster, **OR** Completed the primary 1-dose series of J&J over 2 months ago and are not boosted, **OR** Are 5 to 11 years old and have not completed the 2-dose series of Pfizer vaccine, **OR** Are unvaccinated	**You should quarantine.** Stay home for 5 days. Then continue to wear a mask around others for 5 additional days. Get tested. If you can't quarantine you must wear a mask for 10 days. If you develop symptoms, get a test and stay home.
IF YOU Are 12 years or older and are up to date on all recommended COVID-19 vaccine doses (including getting a booster dose if 5 months after mRNA vaccines or 2 month after J&J vaccine), **OR** Are ages 5 to 11 years and completed the 2-dose series of Pfizer vaccine at least 14 days ago, **OR** You tested positive for COVID-19 in the last 90 days	**You do not need to quarantine.** Get tested. Wear a mask around others for 10 days. If you develop symptoms get a test and stay home.

What does it mean to monitor your health?

Watch for symptoms every day for 10 days after an exposure, even if you are up to date on COVID-19 vaccination. If you get sick, then isolate yourself from others, seek medical advice, and get a COVID-19 test.

Take your temperature once or twice a day and whenever you feel feverish to be sure you do not have a fever (greater than 100.4°F).

Symptoms of COVID-19 include a new fever, cough, sore throat, shortness of breath, congestion, change in taste or smell, tiredness, body aches, headache, vomiting, diarrhea.

What are the instructions for quarantine?

Refer to your supervisor for policies regarding work, work at home, or exclusion from work. Especially if you live or work in a high-risk setting, including health care settings or congregate settings (nursing homes, prisons or jails, dorms, or homeless shelters).

- Avoid public places.

- Avoid traveling.

- Avoid using public transportation or ride-sharing services.

- If you do not have fever or respiratory symptoms, you may participate in limited outdoor activities as long as you stay at least 6 feet away from others.

- Watch for COVID-19 symptoms for 10 days after you were exposed. If you get sick, then stay home and away from others and get a COVID-19 test.

- Continue to wear a mask for 10 days after your exposure.

What if you develop symptoms while in quarantine?

You might have COVID-19. Get tested and stay away from others. Stay home and follow isolation instructions even if you are not tested for COVID-19.

If you are concerned about the severity of your symptoms, call your health care provider. Tell them you might have COVID-19 before seeking medical care in person.

Tri-County
Health Department
Serving Adams, Arapahoe and Douglas Counties

www.tchd.org/COVID-19

UPDATED 01/14/2022