



2019 Novel Coronavirus [COVID-19]

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COVID-19 Isolation and Quarantine Recommendations

Quarantine vs. Isolation

- You [quarantine](#) when you might have been exposed to the virus.
- You [isolate](#) when you have been infected with the virus, even if you don't have symptoms.

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do?

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- [Wear a mask](#) when around other people if able.

When can you be around others

1. If you had symptoms of COVID-19

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

2. If you tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
- If you develop symptoms after testing positive, follow the guidance above for "If you had symptoms of COVID-19"

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3. If you were severely ill with COVID-19 or have a weakened immune system (immunocompromised) caused by a health condition or medication.

- People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. [People with weakened immune systems](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Who needs to Quarantine?

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months or [who are fully vaccinated](#).

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been [fully vaccinated](#) against the disease and show no symptoms. Fully vaccinated people who have come into close contact with someone with suspected or confirmed COVID-19 are recommended to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over 24-hour period
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

The Centers for Disease Control & Prevention (CDC) and the Idaho Department of Health and Welfare (IDHW) have provided options to reduce the quarantine period for people **without** symptoms (asymptomatic) who are close contacts of those who have tested positive for COVID-19 and meet the criteria to quarantine. Fourteen days of quarantine is still considered the best practice and remains the safest way to avoid spreading this virus. The revised options shorten quarantine for some, and are acceptable alternatives to reduce the burden of quarantine on individuals, families, and businesses.

- *Non-Test-Based Scenario:* Person was exposed, has no symptoms, and was not tested
 - Isolation can end after Day 10 from the last day of close contact with an infectious positive case, provided no symptoms have been reported during daily monitoring.

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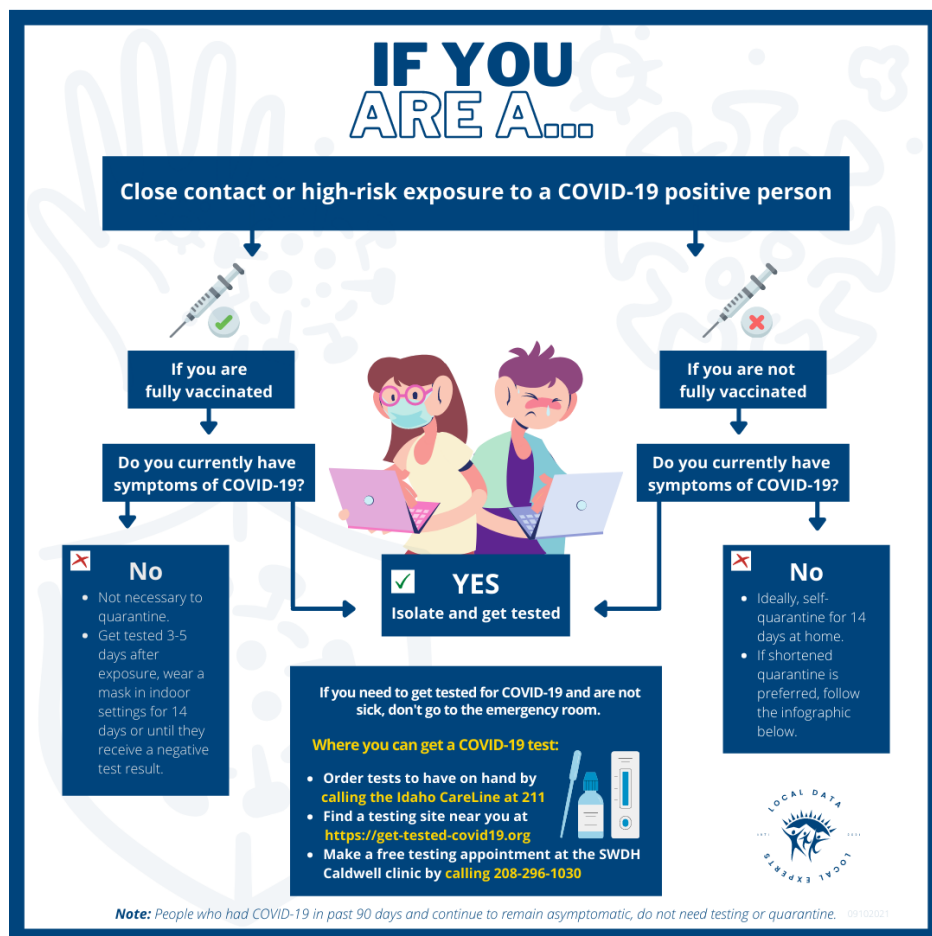
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- **Test-Based Scenario:** Person was exposed, has no symptoms and was tested
 - When diagnostic testing resources are sufficient and available, then isolation can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring.
 - The specimen must be collected at least 5 days after exposure
 - Quarantine can end only after the negative test result is available, but no earlier than the end of Day 7.

In both scenarios, additional measures such as continued symptom monitoring, hand hygiene, physical distancing and masking through Day 14, must be met and are outlined in the full text found on the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Please see below for a graphics that illustrate the current recommendations:



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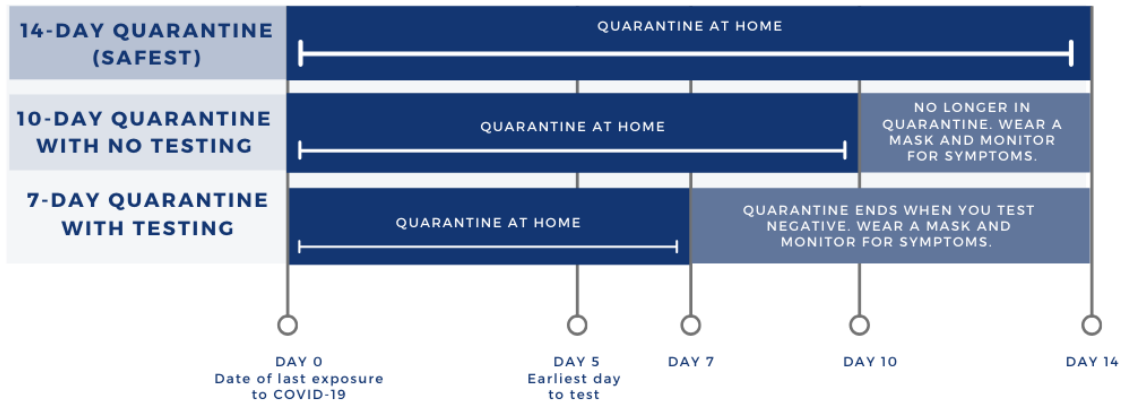


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QUARANTINE WHEN YOU DON'T HAVE SYMPTOMS



If symptoms develop at any time during the 14 days after exposure to COVID-19, immediately isolate and call your provider for a healthcare evaluation and test.



The new quarantine options do not apply to those living in congregate living settings, such as long-term care facilities, correctional institutions, group homes, or rehabilitation facilities. Healthcare workers should continue following CDC Interim Guidance.