

# **COVID-19 Isolation and Quarantine Recommendations**

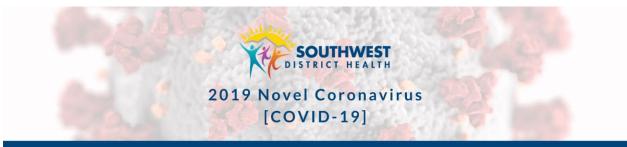
**If you were exposed:** You <u>quarantine</u> and stay away from others when you have been in close contact with someone who has COVID-19.

**If you are sick or test positive:** You <u>isolate</u> when you are sick or when you have been infected with the virus, even if you don't have symptoms.

### **Calculating Quarantine**

The date of your exposure is considered day 0. **Day 1** is the first full day after your last contact with a person who has had **COVID-19**. Stay home and away from other people for at least 5 days. <u>Learn why CDC updated guidance for the general public</u>.

	Quarantine for at least 5 days	After quarantine	Take precautions until day 10
	Stay home	Watch for symptoms	Wear a mask
	and <u>quarantine</u> for at	Watch for symptoms	Wear a well-fitted
	least 5 full days.	until 10 days after you	mask for 10 full days
		last had close contact	any time you are
IF YOU Were exposed	Wear a well-fitted	with someone with	around others inside
and are not <u>up-to-date</u>	mask if you must be	COVID-19.	your home or in public.
on COVID-19	around others in your		Do not go to places
vaccinations (including	home.	If you develop	where you are unable
boosters and for some		symptoms	to wear a mask.
immunocompromised	Get tested	<u>Isolate</u> immediately	
when eligible)	Even if you don't	and get tested.	Avoid travel
	develop symptoms, get	Continue to stay home	
	tested at least 5 days	until you know the	Avoid being around
	after you last had close	results. Wear a well-	people who are at high
	contact with someone	fitted mask around	risk.
	with COVID-19.	others.	

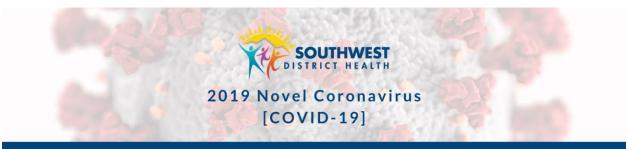


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# **Calculating Quarantine (Continued)**

The date of your exposure is considered day 0. **Day 1** is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. <u>Learn why CDC updated guidance for the general public</u>.

	No quarantine	Watch for symptoms	Take precautions until day 10
	You do not need to	Watch for symptoms	Wear a mask
	stay home <b>unless</b> you	until 10 days after you	Wear a well-fitted
IF YOU Were exposed	develop symptoms.	last had close contact	mask for 10 full days
to COVID-19 and are		with someone with	any time you are
up-to-date with	Get tested	COVID-19.	around others inside
vaccination OR had	Even if you don't		your home or in public.
confirmed COVID-19	develop symptoms, get	If you develop	Do not go to places
within the past 90-	tested at least 5 days	symptoms	where you are unable
days (you tested	after you last had close	<u>Isolate</u> immediately	to wear a mask.
positive using a viral	contact with someone	and get tested.	
test)	with COVID-19.	Continue to stay home	Avoid travel
		until you know the	
		results. Wear a well-	Avoid being around
		fitted mask around	people who are at high
		others.	risk.



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### **Calculating Isolation**

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected**. If you have COVID-19 or have symptoms, isolate for at least 5 days.

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	Stay home for at least	<b>Ending isolation if you</b>	Take precautions until
IF YOU Tested positive	5 days	had symptoms	day 10
	Stay home for 5 days	End isolation after 5	Wear a mask
	and <u>isolate</u> from others	<u>full days</u> if you are	Wear a well-fitted
	in your home.	fever-free for 24 hours	mask for 10 full days
		(without the use of	any time you are
	Wear a well-fitted	fever-reducing	around others inside
	mask if you must be	medication) and your	your home or in public.
	around others in your	symptoms are	Do not go to places
	home.	improving.	where you are unable
			to wear a mask.
		Ending isolation if you	
for COVID-19 or have		did NOT have	Avoid travel
symptoms, regardless of vaccination status		symptoms	
or vaccination status		End isolation after at	Avoid being around
		<u>least 5 full days</u> after	people who are at high
		your positive test.	risk.
		If you were severely ill	
		with COVID-19	
		You should isolate for	
		at least 10	
		days. Consult your	
		doctor before ending	
		isolation.	

### **During Isolation and Quarantine:**

- Monitor your symptoms. If you have an <a href="emergency warning sign">emergency warning sign</a> (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.



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- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people.
- If possible, stay away from people you live with, especially people who are at <a href="higher risk">higher risk</a> for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to wear a mask when around others, you should continue to quarantine or isolate for 10 days. Avoid people who are <a href="immunocompromised or at high risk for severe disease">immunocompromised or at high risk for severe disease</a>, and nursing homes and other high-risk settings, until after at least 10 days.

#### **DEFINITIONS**

### **Exposure**

Close Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

### **Close Contact**

**Close contacts** are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

#### High Risk Settings

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 for Healthcare personnel.