

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 | • Shortness of breath or difficulty breathing | • Fever or chills |
| • Muscle or body aches | • Headache | • Fatigue (not as sole symptom in school setting) |
| • Nausea or vomiting, diarrhea | • Sore throat, congestion or runny nose | • New loss of taste or smell. |

Check the [CDC web site](https://www.cdc.gov/covid/symptoms/) for the latest list of COVID-19 symptoms.

COVID-19 Home Quarantine Guidance – Flow Chart for Close Contacts

Patient Version – Revised – 02 December 2020

START HERE

SYMPTOMS

Have you experienced any symptoms consistent with COVID-19 since your exposure to a person with COVID-19?

YES,
I have/had symptoms.

TRY ME ONLINE AT:
[Maricopa.Gov/
COVIDisolationTool](https://Maricopa.Gov/COVIDisolationTool)

Symptoms of COVID-19 may include:

- Cough, shortness of breath or difficulty breathing
 - Fever or chills
 - Muscle or body aches, headache
 - Fatigue (not as a sole symptom in the school setting)
 - Nausea or vomiting, diarrhea
 - Sore throat, congestion or runny nose
 - New loss of taste or smell.
- Symptoms can range from mild to severe illness and may appear 2 to 14 days after exposure.

*Close-Contacts are people who were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period OR who had physical contact with a person with COVID-19 while infectious.

No,
I have not had symptoms.

PCR or Antigen Test for COVID-19

Did you get a nose/throat swab or saliva test for COVID-19 since your exposure and is your result available?

NO, including:
I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

YES,
I've been tested and I have my test result.

POSITIVE / NEGATIVE / UNTESTED

Isolate until it has been at least:
10 days since your symptoms appeared,
AND 24 hours since your last fever
without the use of fever-reducing medication,
AND your other symptoms have improved.
If tested, a **NEGATIVE** result does **not** end your isolation earlier because of your exposure and the need to quarantine.
See the **ISOLATION** guidelines at:
Maricopa.Gov/COVIDisolation

Did you have COVID-19 within the last 3 months?

If you tested positive for COVID-19, have recovered, and completed your COVID isolation period **within the last 3 months**:

- You **do not** need to **quarantine** if you are a close contact of someone with COVID-19.
- You **do not** need to **isolate** if you test positive for COVID again.

If you are waiting for your test result, **begin** by following the **NEGATIVE** guideline, **then** re-evaluate when you know your result.

If you haven't had a nose-swab or saliva test, **begin** by following the **NEGATIVE** guideline, **then** re-evaluate if/when you get tested and know your result.

NEGATIVE

Quarantine for 10 Days from the date of your last exposure to someone with COVID-19.
Continue to monitor yourself daily for symptoms consistent with COVID-19 & wear a mask for **14 days** following your last exposure

POSITIVE

Isolate for 10 days from when you were tested.
If you develop any symptoms during your isolation, follow the guidance for people with symptoms instead (left side of this chart).

SPECIAL EXCEPTIONS:

Serious Illness** or *Severe Immunocompromise**
If you were admitted to an ICU* due to your COVID illness or you are severely immunocompromised,** isolate until it's been at least:
20 days since your symptoms appeared,
AND 24 hours since your last fever **without** the use of fever-reducing medication,
AND your other symptoms have improved.

SPECIAL EXCEPTION:

Early Release from Quarantine with Negative Test
Quarantine may end after **7 full days** following your last exposure if you have:

- 1) Tested for COVID-19 by PCR or antigen test (nose/throat swab or saliva) collected at least **5 full days** following your last exposure,
- 2) Received the test result and it is **negative**,
- 3) Been **symptom-free** since exposure.

You must meet **all 3 of the above criteria** to end quarantine. Continue to monitor yourself daily for symptoms consistent with COVID-19 and wear a mask for **14 days** after your last exposure.

SPECIAL EXCEPTION:

Congregate Settings
Close contacts living in a congregate setting (e.g. assisted living, LTCF, group home, etc.) must quarantine for **14 days** from their last exposure. The 10-day quarantine & Early Release exception **do not apply**.

SPECIAL EXCEPTION:

****Severe Immunocompromise**
Isolate for **20 days** from when you were tested.
If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

* **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.