WASHINGTON OZAUKEE
PUBLIC HEALTH DEPARTMENT

New CDC Quarantine Guidelines

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.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. People who develop symptoms within 3 months of their first bout of COVID-19 may need to be tested if there is no other cause identified for their symptoms.

What counts as close contact?
- You were within 6 feet of someone who has COVID-19 for 15 minutes or more over the course of a day
- 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

New Guidelines

10-Day Quarantine

Steps to Take	Stay home and monitor your health
Without Testing *No Symptoms* *Without a test, a person should self-quarantine for 10 days, and monitor themselves an additional four days for symptoms.*	- Stay home for **10 days** after your last contact with a person who has COVID-19. - Watch for fever (100.4∘F), cough, shortness of breath, or other symptoms of COVID-19. - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

7-10 Day Quarantine

Steps to Take	Stay home and monitor your health
With Testing *No Symptoms* *Acceptable tests:* - *Rapid (antigen)* - *PCR* *A person can end a self-quarantine at 7 days after exposure if they test negative and have no symptoms. Continue to monitor for symptoms for 7 days.*	- Stay home for at least **7 days** after your last contact with a person who has COVID-19. - **Get tested (Rapid-antigen or PCR) no sooner than Day 5 of your quarantine. Remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, you may end your quarantine as early as Day 7.** - Watch for fever (100.4∘F), cough, shortness of breath, or other symptoms of COVID-19 - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

Household Contacts of Positive Cases

Steps to Take	**Stay home and monitor your health**
	• Your last day of quarantine is 10 days from the last date you had close contact.
	• Due to ongoing exposure, household contacts that are unable to completely separate from the positive case are advised to quarantine for 10 days from the positive case's last day of isolation/well date.
	• Close contacts may be quarantined from 17-20 days.

Exposure to Positive Case → **Day 5** – Eligible for COVID test → **Day 7** – End quarantine if negative test and no symptoms → **Day 10** – End quarantine if no symptoms

5 Days – You must wait at least 5 days before being tested after an exposure

10 – Day Quarantine

If no results by Day 7, continue to quarantine