

# CLOSE CONTACT QUARANTINE GUIDELINES

## 1) What is a quarantine?

During quarantine, you will remain home. If you have others in your household, you should attempt to stay as isolated as possible. You should use contact-less delivery options for essentials (if available).

## 2) Why should I quarantine?

If you have been exposed to COVID-19, you will need to quarantine. This is an important action that you can take in order to stop the further spread of disease. Even if you do not have symptoms, it is important to stay away from others until the appropriate amount of time has passed. Your goal is to stop the spread of COVID-19.

## 3) How long should I stay in quarantine?

Quarantine for someone who has been exposed to COVID is **14 days** from their last exposure date to a contagious person.

## 4) Who should quarantine?

A person with COVID is considered contagious from 2 days prior to symptoms appearing until 10 days after their symptoms appeared (if they do not have symptoms, use the date the tested positive).

So if you met a person for lunch on the 1<sup>st</sup>, and two days later they developed symptoms that turned out to be COVID, then you were exposed to them during their contagious period and are considered a “close contact” who will need to quarantine for 14 days from your exposure date (the 1<sup>st</sup>).

## 5) What about testing?

Once a known exposure to a COVID case occurs, obtaining a negative test within the 14-day quarantine period, **DOES NOT** release a close contact from quarantine requirements. The COVID virus can take up to 14 days to incubate or replicate enough in the body to show up on a test. A test at day 5 or 9 can be helpful information but could also be too early to be accurate.

## 6) What if someone in my household tests positive?

If you live in the same household with a person who has COVID, and that person is not able to completely isolate from others in separate living quarters, your 14 day close contact quarantine begins on the **LAST** day you were around them when they were still in their contagious period (10 days after their symptoms started).

## 7) Where can I find more info about how long I should quarantine?

Visit the Washington State Department of Health’s Quarantine Calculator: <http://bit.ly/QuarantineCalc>

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## Household Quarantine Example

A member of your household tests positive on:

A: \_\_\_\_\_ (*insert testing date here*).

They began to have symptoms on:

B: \_\_\_\_\_ (*insert first date of symptoms here*).

They are considered contagious from 2 days before their symptoms started until:

C: \_\_\_\_\_ (*count 10 days from line B, or use their test date if they were asymptomatic*).

Because you are a close contact, your 14-day quarantine begins on:

D: \_\_\_\_\_ (*date from line C or the last date you were around them in your household*).

Because you are a close contact, your 14-day quarantine ends on:

E: \_\_\_\_\_ (*count 14 days from line D*)

It is helpful for early detection and containment if you/other household members choose to test around day 5, however, a negative test DOES NOT void the need to complete your entire quarantine.