When and How Long to Quarantine

Scenario 1: You are the close contact of someone who has COVID-19—you will not have further close contact	**Scenario 1: Quarantine Timeline =** Date of last close contact with person who has COVID-19 + 14 days
• **Example 1:** I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend). • **In example 1,** your last day of quarantine is 14 days from the date you had close contact.	 mon tue wed thu fri sat sun Last close contact with person who has COVID-19 → ①1 2 3 4 5 6 7 8 9 10 11 12 13 14 ⑮15 16 17 18 19 — Last day of quarantine 20 21 22 23 24 25 26 27 28 29 30 31 **14 DAY QUARANTINE** *Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
Scenario 2: You had close contact with someone who has COVID-19—you live with the person but **can** avoid further close contact	**Scenario 2: Quarantine Timeline =** Date person with COVID-19 began home isolation + 14 days
• **Example 2:** I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated**.** • **In example 2,** your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.	 mon tue wed thu fri sat sun Person with COVID-19 starts home isolation → ①1 2 3 4 5 6 7 8 9 10 11 12 13 14 ⑮15 16 17 18 19 — Last day of quarantine 20 21 22 23 24 25 26 27 28 29 30 31 **14 DAY QUARANTINE** *Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
Scenario 3: You are under quarantine and had additional close contact with someone with COVID-19	**Scenario 3: Quarantine Timeline =** Date of additional close contact with person who has COVID-19 + 14 days
• **Example 3:** I live with someone who has COVID-19 and started my 14-day quarantine period. While I am quarantining, what if I have another close contact with the person who is sick or another household member gets sick with COVID-19? Do I need to restart my quarantine? • **In example 3,** yes, you will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.	 mon tue wed thu fri sat sun Start of first quarantine → 1 2 3 4 ⑤5 ◄ Additional contact or someone else got sick, quarantine starts over 6 7 8 9 10 11 12 13 14 15 16 17 18 ⑲19 ◄ Last day of quarantine 20 21 22 23 24 25 26 27 28 29 30 31 **14 DAY QUARANTINE** *Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
Scenario 4: You live with someone who has COVID-19 and you cannot avoid continued close contact	**Scenario 4: Quarantine Timeline =** Date the person with COVID-19 ends home isolation + 14 days
• **Example 4:** I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet. • **In this example,** you should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the **criteria to end home isolation**.	 mon tue wed thu fri sat sun Person is sick/ has COVID-19 ► 30 31 1 2 3 4 5 6 7 8 ⑨9 10 11 12 Criteria met to end home isolation ⤑ 13 14 15 16 17 18 19 20 21 22 ㉓23 24 25 26 — Last day of quarantine 27 28 29 30 31 **14 DAY QUARANTINE** *Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
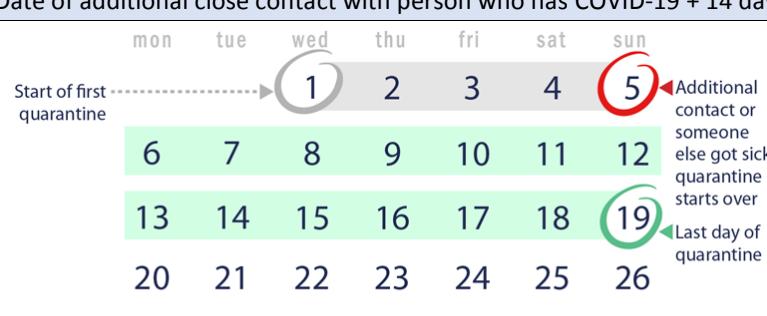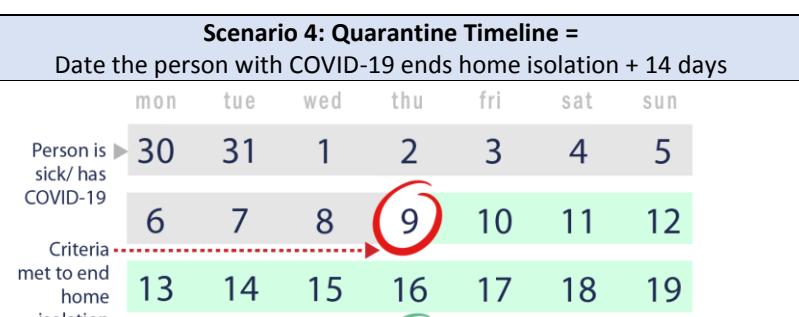
How is Close Contact Defined?

The CDC defines a close contact as:

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home:

- Has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

When You Can be Around Others After You Had or Likely Had COVID-19

I think or know I had COVID-19, and I had symptoms:

You can be around others after:

- 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*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Note that these recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for "**I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?**"

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

I 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. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for "**I think or know I had COVID-19, and I had symptoms.**"

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

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. Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing. Your doctor may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.

Links to CDC References:

APH Austin Public Health
PREVENT. PROMOTE. PROTECT.

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