

# What is quarantine?

Quarantine is for people who may have been exposed to COVID-19, but aren't sick yet. It keeps you away from others so you don't infect someone else without knowing it. You should quarantine for 10 days if you were exposed to COVID-19. This means you were in close contact with someone who has COVID-19 while that person was infectious.

Close contact means:

- You were closer than 6 feet from someone who has the virus for a cumulative total of 15 minutes or longer in a 24 hour period.
- You cared for someone at home who is sick with COVID-19.
- You had direct physical contact with the person who has COVID-19 (hugged or kissed them).
- You shared eating or drinking utensils with the person who has COVID-19.
- The person who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.



## During quarantine, you should stay home and away from other people as much as possible.



- You should not go to work, school, extracurricular activities, religious services, family gatherings, or other activities.
- Limit the number of visitors to your home.
- Try to stay at least 6 feet or 2 meters (about 2 arm lengths) away from other people.
- Wear a mask if you have to be around other people.
- Wash your hands often or use hand sanitizer.
- Clean surfaces that are touched often (like phones, door-knobs, light switches, toilet handles, sink handles, counter-tops, and anything metal).

If you must leave your home for essential items like groceries or to seek medical care, take extra safety precautions so you don't spread the virus to other people.

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### When can I end quarantine?

You should stay on quarantine for 10 days. Or you can be tested on day 7 of quarantine and if you test negative and do not have any symptoms of COVID-19, you can end quarantine.

If you choose not to get tested or you are living with someone who has COVID-19, you can end quarantine 10 days after the last time you were around the person who has COVID-19.



### Get tested 7 days after you were exposed to COVID-19.

This lets enough of the virus build up in your body to be detected by the tests. If you get sick or have symptoms of COVID-19 while on quarantine, you should isolate and get tested for COVID-19.

Symptoms of COVID-19 include fever, cough, shortness of breath, muscle aches and pains, sore throat, or a decrease in your sense of taste or smell.

### If you live with someone who has COVID-19, you must quarantine for 10 days, even if your test result is negative.

You are at a much higher risk of getting infected with the virus. It can be very hard to stay isolated from people who have COVID-19 and live in your home. This means you may need to quarantine longer than 10 days if you can't stay away from the person who was sick. Every time you come into close contact with the person who tested positive while they are in isolation, your 10-day quarantine starts over.

