

# COVID-19 guidance

## QUARANTINE Guidance Fall 2021

Quarantine is staying home and away from others **AFTER EXPOSURE** to COVID-19. It prevents someone from further spreading the virus in the event they develop it over the next 2-14 days, which is the incubation period for COVID-19.

### EXPOSURE WITHIN A HOUSEHOLD

**Vaccinated family members** – do not need to quarantine, but should get tested 3-5 days after exposure and monitor for symptoms.

**Unvaccinated family members** – quarantine for 14 days. This means staying home and away from others through Day 14. There are two acceptable alternatives if 14 days poses a work or school hardship:

- 10 days while continuing to wear a mask indoors for the full 14 days and monitoring for symptoms
- or
- 7 days with a negative PCR test taken 3-5 days after exposure, while continuing to wear a mask indoors for the full 14 days and monitoring for symptoms

### EXPOSURE OUTSIDE OF THE HOME

**Vaccinated** – do not need to quarantine but should monitor for symptoms

**Unvaccinated** – quarantine for 14 days. This means staying home and away from others through Day 14. There are two acceptable alternatives if 14 days poses a work or school hardship:

- 10 days, while continuing to wear a mask indoors for the full 14 days and monitoring for symptoms
- or
- 7 days with a negative PCR test taken 3-5 days after exposure, while continuing to wear a mask indoors for the full 14 days and monitoring for symptoms

### HOW DO YOU CALCULATE WHEN SOMEONE IS DONE WITH QUARANTINE?

Determine when they last came into close contact with COVID+ person when they were contagious (anywhere from 48 hours before their symptoms developed or their test came back positive through their isolation period). Quarantine since that last contact.

If the contact is with someone in your household who hasn't isolated from you, your quarantine will be 24 days – the 10 days of their isolation and the following 14 days.

Stay home through the 14th day to make sure you don't develop COVID-19 at any time during its incubation period and spread it to others.

### WHAT IS CONSIDERED A CLOSE CONTACT?

**For most of us** – within 6 feet for at least 15 minutes with or without masks

**In the school setting only** – within 6 feet for at least 15 minutes without masks or within 3 feet for at least 15 minutes with masks