

Iowa County Health Department Quarantine Guidelines after Exposure to COVID-19



Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. Quarantine helps prevent spread of disease that can occur before a person knows they have the virus. The CDC released options for reducing the duration of quarantine using self-symptom monitoring and diagnostic testing. The CDC recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of increasing the spread of the virus. **Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of SARS-CoV-2.**

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.

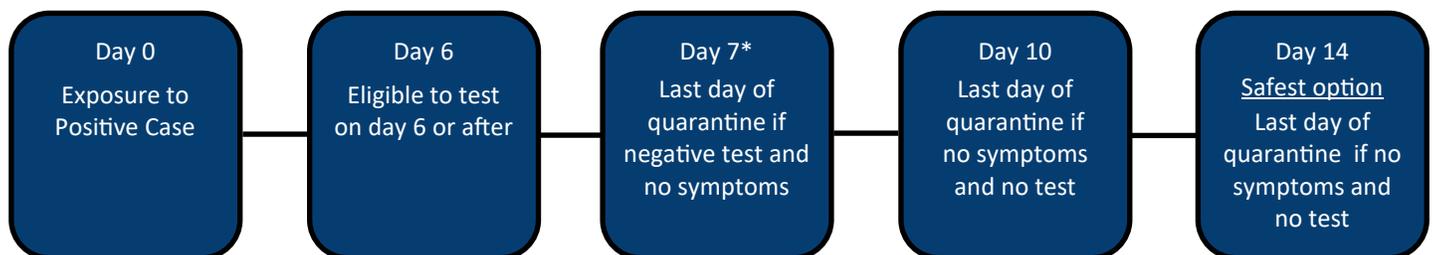
People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified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

What does it mean to be a **close contact**?

You are a close contact if you meet any of the following criteria with a person with COVID-19 (even if they did not have symptoms and you were wearing a mask).

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more within a 24-hour period
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (such as a handshake, hug, or kiss)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Quarantine Options Timeline



* If no test results by Day 7, continue to quarantine.

For those testing out of quarantine, individuals must retrieve negative test results from wherever the test was obtained. The Health Department will not manage and communicate negative test results for this purpose due to capacity constraints.

Shortened quarantine duration may not be appropriate in all settings. High-risk, congregate settings such as long-term care facilities, shelters, jails and prisons must be determined on a case by case basis.

Quarantine Options

For all quarantine options to be acceptable, the following conditions must be met:

- Daily self-symptom monitoring must continue through Day 14.
- If symptoms develop at any time, individuals should immediately self-isolate and get tested.
- Individuals must adhere strictly to all recommended non-pharmaceutical interventions, (i.e., consistent mask use, social distancing, and avoiding gatherings) for the full 14 days after exposure.

14-Day Quarantine

Quarantine can end AFTER DAY 14 [without testing](#) and if [no symptoms](#) have been reported during daily self-monitoring. This is still the safest option for people who are higher risk, such as long-term care facilities, shelters, jails and prisons.

- Stay home and monitor your health for 14 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](#) of getting very sick from COVID-19.

10-Day Quarantine

Quarantine can end AFTER DAY 10 [without testing](#) and if [no symptoms](#) have been reported during daily self-monitoring.

- Stay home for 10 days after your last contact with a person who has COVID-19.
- Monitor your health and 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](#) of getting very sick from COVID-19.

7-10-Day Quarantine

Quarantine can end AFTER DAY 7 [with a negative test result](#) (PCR test preferred) and [no symptoms](#) have been reported during daily self-symptom monitoring. The individual who is exposed can get tested **no sooner** than DAY 6 of his/her quarantine and must remain in quarantine until receiving a test result. If the test is negative and no symptoms, the **last** day of quarantine can be as early as DAY 7.

- Stay home and monitor your health for at least 7 days after your last contact with a person who has COVID-19.
- Monitor your health and 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](#) of getting very sick from COVID-19.

Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are unable to completely separate from the positive case are required to quarantine for the duration the positive case is in isolation and an additional 7-14 days from the positive case's last day of isolation. See quarantine options above. Household contacts may be quarantined for more than 7-14 days.

Based on guidance from the [CDC](#) and [DHS](#). Adopted from Fond du Lac County Health Department.