

Quarantine Guidance for Close Contacts of a Person with COVID-19*

Revised January 7, 2022 — Additional updates may occur as CDC finalizes its recent guidance.

Quarantine is for people who were close contacts to someone with COVID-19 but haven't yet developed any symptoms of COVID-19** themselves. It prevents the spread of COVID-19 by asking people who *might* be infected to stay away from others until enough time has passed to be sure they don't have COVID-19.

You are a **close contact** if you were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period**, regardless of whether masks were worn, and **might** need to **quarantine** at home for **at least 5 days** following your last exposure.

Whether you need to **quarantine** and for how long depends on your COVID-19 vaccination status, recent infection history, and ability to wear a mask.

Follow the Quarantine Flow Chart on the back of this page to determine if you need to quarantine.

If you are in **quarantine** you should:

- **Stay home and away from others** for at least 5 days following your last exposure. Do not travel during this time.
- **Get a PCR or antigen test** at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#). You may travel after 5 full days following your last exposure if your test is negative and you do not have any symptoms**.
- **For 10 days following your last exposure:**
 - **Avoid [those at higher risk](#)** for getting very sick from COVID-19.
 - **Wear a [well-fitting mask](#)** when around others. You should not do things or go to places where you are unable to wear a mask (e.g., eating with others, going to restaurants, gyms, etc.).
 - **Monitor yourself for symptoms** consistent with COVID-19**. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).
 - **Do not travel** if you did not get tested at least 5 days after your last exposure.
- **If you cannot wear a mask**, quarantine for 10 days following your last exposure. You may end quarantine early after 7 days if you received a negative test between days 5–7.

Even if you don't need to **quarantine** you should:

- **Get a PCR or antigen test** at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#).
- **Wear a [well-fitting mask](#)** when around others for 10 days after your last exposure.
- **Monitor yourself for symptoms** consistent with COVID-19** for 10 days after your last exposure. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).

Regardless of whether you need to quarantine, if you develop any symptoms consistent with COVID-19 in the 10 days following your last exposure, you need to:**

- **Isolate** away from other people.
- **Get a COVID-19 PCR or antigen test.** This can be done at a healthcare facility, testing event, or at home. Call 2-1-1 to find a testing site.
- **Follow the COVID-19 Home Isolation Guidance** at: www.Maricopa.gov/COVIDisolation

*This **Quarantine** guidance applies to most people under most circumstances. However, there are return-to-work guidelines for **Healthcare Personnel** who should follow CDC's [Interim Guidance for Managing Healthcare Personnel](#) at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html. This includes (but is not limited to) emergency medical service personnel, nurses, nursing assistants, home healthcare personnel, physicians, technicians, therapists, phlebotomists, pharmacists, dental healthcare personnel, students and trainees, contractual staff not employed by the healthcare facility, and persons not directly involved in patient care but who could be exposed at work in the healthcare setting.

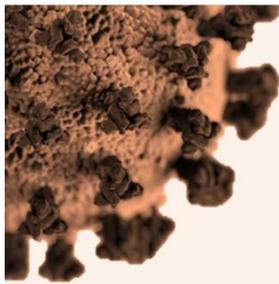
**Symptoms of COVID-19 can range from mild to severe illness and may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Headache
- Fatigue (not as sole symptom in school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Check the [CDC website](#) for the latest list of COVID-19 symptoms.

COVID-19 Home Quarantine Guidance Flow Chart

Revised January 7, 2022 — Additional updates may occur as CDC formalizes its latest guidance.



START
Do you have any symptoms consistent with COVID-19¹ or have you tested POSITIVE for COVID-19?

1. Symptoms of COVID-19 can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:

- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell.
- Fever or chills
- Muscle or body aches
- Headache
- Nausea or vomiting, diarrhea
- Sore throat
- Congestion or runny nose
- Fatigue (not as sole symptom in school setting)

YES, I have symptoms¹ or tested POSITIVE.
You are subject to ISOLATION. See the guideline at: www.Maricopa.gov/COVIDisolation

NO, I have no symptoms.¹
Are you a close-contact² of someone with COVID-19?

2. Close Contacts are people who were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether masks were worn. [Exception: in the K-12 setting, a student who was within 3-6 feet of an infected student is not considered a close contact if both students were engaged in consistent and correct use of well-fitting masks at all times. This exception does not apply to teachers, staff or other adults in the classroom setting.]

3. Previous COVID-19 infection means you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period within the last 90 days.

YES, I am a close-contact.²
Did you have and recover from COVID-19 in the past 90 days?³

NO, I am not a close-contact.²
No quarantine necessary.
Re-evaluate if you are exposed later to someone with COVID-19 or if symptoms appear.

4. Up-to-Date with COVID Vaccinations means a person has completed all recommended COVID-19 vaccines that they are eligible to receive. As of 1/6/22, a person is Up-to-Date with their COVID vaccinations if they are:

- 18 years of age or older and have completed a Primary Series and received a Booster dose when eligible.
- 5-17 years of age and have completed a Primary Series of COVID vaccine.

YES, I had and recovered from COVID-19 in the past 90 days.³
No quarantine necessary.
Wear a mask around others until it has been 10 full days since your last exposure. Re-evaluate if symptoms appear.

NO, I have not had COVID-19 in the past 90 days.³
Are you Up-to-Date with all recommended COVID vaccinations based on your age and medical conditions?⁴

Is your Primary Series of COVID vaccinations complete? For most people, you've completed a Primary Series if you have received any of the following:

- One (1) dose of the J&J vaccine, or
- Two (2) doses of the Moderna vaccine separated by at least 28 days, or
- Two (2) doses of the Pfizer vaccine separated by at least 21 days.

For people who are moderately or severely immunocompromised, the Primary Series includes either:

- One dose of the J&J vaccine, or
- Two doses of the Moderna or Pfizer vaccines as described above plus an additional third dose of Moderna or Pfizer at least 28 days later.

Note: children ages 0-4 are not eligible for any COVID vaccination at this time.

Have you been Boosted? You have been Boosted if you completed your Primary Series (described above) and received an additional dose of a COVID vaccine (Pfizer and Moderna are preferred in most situations). Timing of the Booster dose depends on which vaccine you received for your Primary Series. If yours was with:

- J&J vaccine** - the Booster should have been received at least 2 months after the last dose of J&J in your primary series.
- Moderna vaccines** - the Booster should have been received at least 5 months after the last dose of Moderna in your primary series.
- Pfizer vaccines** - the Booster should have been received at least 5 months after the last dose of Pfizer in your primary series.

Note: children ages 12-17 may receive only the Pfizer vaccine as a Booster. Children ages 5-11 are not eligible for a Booster dose at this time.

5. Long Term Care Facilities should follow CMS/MCDPH testing guidance for exposed residents.

YES, I'm Up-to-Date.⁴
No quarantine necessary.
Wear a mask around others until it has been 10 full days since your last exposure. Get tested at least 5 days after your last exposure.⁵ Re-evaluate if test result is positive or if symptoms appear.

NO, I'm not Up-to-Date.⁴
QUARANTINE for at least 5 days after your last exposure, then get tested on or after day 5⁵
Did you get a PCR or Antigen test for COVID-19⁶ and do you know your result?

6. PCR or Antigen tests for COVID-19 generally require a nose or throat swab or saliva sample. If you received a blood test, this was not a PCR or Antigen test, and you should follow the instructions for "NO, I am untested" at right.

NO, I am untested, or YES, awaiting result, or YES, NEGATIVE result
Are you able to wear a mask for 5 more days when around others?

YES, POSITIVE result.
You are subject to ISOLATION. See the guideline at: www.Maricopa.gov/COVIDisolation

YES, I am able to wear a mask.
QUARANTINE may end 5 days following your last exposure. Continue to wear a mask around others until it has been 10 full days since your last exposure. Re-evaluate if you test POSITIVE or symptoms appear.

NO, I am unable to wear a mask.
Continue QUARANTINE until it has been 10 full days since your last exposure. [You may end quarantine after 7 full days if you test negative between days 5-7.] Re-evaluate if you test POSITIVE or symptoms appear.