Quarantine Guidance for Household and Close Contacts of a Person with COVID-19
Revised – 21 April 2021

Quarantine is for people who were exposed 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.

If you were within 6 feet of a person with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period or had physical contact with a person with COVID-19, regardless of whether masks were worn, you might need to quarantine at home for 10 days.

Quarantine means you need to:

• Separate yourself from any person (people) with COVID-19 in your home.

• If possible, get tested for COVID-19 with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. Call 2-1-1 to find a testing site
  o A negative test might allow you to end quarantine after 7 full days if you have not had any symptoms. (See the Home Quarantine Flow Chart on the back of this page.)

• Stay at home for 10 days after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food. This includes:
  o Not using public transportation, rideshares, or taxis
  o Not going to work, school, or public areas
  ▪ If you work in an essential service† and do not have any symptoms* consistent with COVID-19 and must go to work during the 10-day quarantine period, you must wear a face mask when you are within 6 feet of other people and self-monitor for any new symptoms.

• Wash your hands and avoid touching your eyes, nose, and mouth AND cover your coughs and sneezes.

• Avoid sharing household items like dishes, cups, eating utensils, and bedding.

• Clean high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.

• Call ahead before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.

• Continue to monitor your temperature & symptoms and wear a mask for 14 days after your last contact with the person with COVID-19, regardless of when your quarantine period ends.

Follow the Home Quarantine Flow Chart on the back of this page to determine whether you need to quarantine at home.

If you develop any symptoms consistent with COVID-19* during quarantine, you need to:

• Get tested for COVID-19 with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. Call 2-1-1 to find a testing site.

• Follow the Home Isolation Guidance at: Maricopa.gov/COVIDisolation

*Symptoms of COVID-19 can range from mild to severe illness and may include:
  • Cough
  • Muscle or body aches
  • Nausea or vomiting, diarrhea
  • Shortness of breath or difficulty breathing
  • Headache
  • Sore throat, congestion or runny nose
  • Fever or chills
  • Fatigue (not as sole symptom in school setting)
  • New loss of taste or smell.

Check the CDC web site for the latest list of COVID-19 symptoms.

†Essential Services are defined by Governor Ducey’s Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/ez_2021.pdf
COVID-19 Home Quarantine Guidance Flow Chart

[Flowchart as depicted in the image]