Quarantine Guidance for Household and Close Contacts of a Person with COVID-19
Revised – 22 February 2021

Quarantine is for people who were exposed to someone with COVID-19 but haven’t yet developed any symptoms of COVID-191 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 need to stay in 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
  - A negative test might allow you to end quarantine after 7 full days if you have not had any symptoms. See the Home Quarantine Guidance 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:
  - Not using public transportation, rideshares, or taxis
  - 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.

If you develop any symptoms consistent with COVID-191 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.
- If you have any symptoms, COVID-19 vaccination or a negative test do NOT allow you to end quarantine early.
- Follow the symptomatic portion of the Home Quarantine Guidance Flow Chart (on the back of this page).

If you have had no symptoms consistent with COVID-191 and you have been fully vaccinated against COVID-19 or you tested positive for COVID-19 in the last 90 days, you do not need to quarantine. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure. See the Home Quarantine Guidance Flow Chart (on the back of this page) for other exceptions.

*Essential Services are defined by Governor Ducey’s Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/eo_2021.pdf

1Symptoms 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.
COVID-19 Home Quarantine Guidance – Flow Chart for Close Contacts

**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 or who had physical contact with a person with COVID-19 while infectious, regardless of whether masks were worn.

1. **Symptoms of COVID-19** can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:
   - Cough
   - Fever or chills
   - Muscle or body aches
   - Nausea or vomiting, diarrhea
   - Fatigue (not as sole symptom in school setting)
   - Shortness of breath or difficulty breathing
   - Headache
   - New loss of taste or smell
   - Congestion or runny nose

**Previous COVID-19 infection?** If you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period within the last 90 days, you do not need to quarantine if you are a close contact of someone with COVID-19, and you do not need to isolate if you test positive for COVID again.

2. **NO symptoms**
   - Did you get a PCR or Antigen Test for COVID-19 and do you know your result?
     - **YES – POSITIVE result**
       - Regardless of your vaccination status, you must isolate until it has been at least 10 full days since you were tested.
       - If you develop any symptoms of COVID-19 during your isolation, follow the guidance for people with symptoms instead (left side of this chart). People who suffer severe COVID illness or who have certain immunocompromising conditions must isolate longer. See full ISOLATION guideline at Maricopa.Gov/COVIDIsolation.
     - **YES – NEGATIVE result**
       - Have you been fully-vaccinated against COVID-19 if you received your 2nd dose of a 2-dose vaccine series (or 1st dose of a 1-dose vaccine series) at least 14 days ago and no more than 90 days ago?
         - **YES – fully-vaccinated against COVID-19**
           - You are fully-vaccinated against COVID-19 if you received your 2nd dose of a 2-dose vaccine series (or 1st dose of a 1-dose vaccine series) at least 14 days ago and no more than 90 days ago.
           - You must quarantine for 10 full days from your last exposure to someone with COVID-19. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure.
         - **NO – not vaccinated, no previous COVID-19**
           - You must quarantine for 10 full days from your last exposure to someone with COVID-19. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure.
     - **NO or NOT TESTED**
       - If you are waiting for your test result or haven’t been tested, begin by following the NEGATIVE guideline, then re-evaluate when you get tested and/or receive your result.
       - If you test positive for COVID-19, you need to isolate for 10 full days and quarantine for 14 days after your last exposure.

3. **YES, have/had symptoms**
   - Regardless of any test result or your vaccination status, you must isolate until it has been at least 10 full days since your symptoms first appeared, and 24 hours since your last fever without the use of fever-reducing medications, and your other symptoms have improved.
   - A negative test result does not end your isolation earlier.
   - People who suffer severe COVID illness or who have certain immunocompromising conditions must isolate longer. See full ISOLATION guideline at Maricopa.Gov/COVIDIsolation.
   - You do not need to quarantine.
   - Monitor yourself for symptoms and wear a mask for 14 days after your last exposure.

**EXCEPTION**
- Even if fully-vaccinated, inpatients/residents in healthcare settings (i.e., hospitals, hospice, skilled nursing facilities) and inmates in jail/prison must quarantine for 14 days following their last exposure to a person with COVID-19.
- Public Health authorities may determine that people who have been vaccinated and/or test negative for COVID-19 must quarantine for 10-14 days if they are a part of an outbreak due to a variant strain of the virus that causes COVID-19.
- Close-contacts living in a congregate setting (e.g., assisted living, LTCP, group home, etc.) must quarantine for 14 days from their last exposure. The usual 10-day quarantine and the Early Release exception do not apply.
- **EARLY RELEASE** - Quarantine may end after 7 full days following your last exposure if you have:
  1) Tested for COVID-19 by PCR or antigen test collected at least 5 full days following your last exposure.
  2) Received the test result and it is negative.
  3) Been symptom-free since exposure.
   - You must meet all 3 of the above criteria to end quarantine.
   - Monitor yourself for symptoms and wear a mask for 14 days after your last exposure.

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