

DO YOU KNOW WHEN TO QUARANTINE?

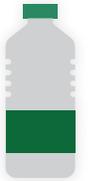
Understanding Close Contact vs. Casual Contact

CLOSE CONTACT

Anyone who has been in **close contact with someone who has COVID-19** is recommended to self-quarantine. This includes people who previously had COVID-19 and people who have taken an antibody test and have antibodies to the virus.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 10 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
- You shared eating or drinking utensils.
- The contact sneezed, coughed, or somehow got respiratory droplets on you.



Quarantine Steps to Take

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100 °F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.



CASUAL CONTACT

Anyone who has been in casual contact or “contact of a contact” of a confirmed case of COVID-19 might need to self-quarantine. Here’s how to know when it’s time to self-quarantine:



Person A:

Your Child’s Classmate’s Parent

- Your child’s classmate’s parent is a confirmed case.
- The parent is required to self-isolate.



Person B:

Your Child’s Classmate

- Your child’s classmate is now a contact of case (the parent being the case).
- The classmate is required to self-quarantine.



Person C:

Your Child

- Your child is now a casual contact or contact of a contact.
- Unless your child’s classmate develops symptoms of COVID-19, or tests positive for COVID-19, your child does not need to quarantine.

EXAMPLE SCENARIOS FOR PARENTS



Household Members:

- If an **asymptomatic (no symptoms)** person is contacted by a local health department and notified that they are a **close contact** of a confirmed COVID-19 case, they should remain home, practice physical distancing, and monitor for symptoms.
- Any child, spouse or other household members of this **asymptomatic contact** are a **casual contact or “contact of a contact”** and therefore are not required to take any special precautions. They can go to school, work, and engage in other activities.

Co-Workers:

- If an **asymptomatic (no symptoms)** employee calls their supervisor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they have at work are considered casual contacts or **“contacts of a contact”** and are not required to take any special precautions. They should be permitted to continue to work.



FREQUENTLY ASKED QUESTIONS

How long should close/household contacts of a confirmed COVID-19 case remain home while monitoring themselves?



- **Symptomatic contacts:** Must self-quarantine at home until (1) they are fever free for 24 hours with no fever without the use of fever-reducing medicine (2) COVID-19 symptoms have improved (cough, shortness of breath, etc.), and (3) at least 10 days have passed since symptoms first appeared. After self-quarantine ends, the person may return to normal activities, including work and school.
- **Asymptomatic contacts:** If the confirmed case remains a close contact after symptoms develop, the asymptomatic contact would self-quarantine for 14 days after the COVID-19 case is no longer required to self-isolate. If the asymptomatic contact no longer has close contact with the confirmed case, they would self-quarantine for 14 days after they last came into contact with the confirmed case.

How long should a casual contact of a confirmed COVID-19 remain home and monitor themselves for symptoms?



- **Casual contacts of a confirmed COVID-19 case are “low-risk” and do not have to take special precautions.** They should observe for symptoms for 14 days and only self-quarantine if symptoms develop. Symptoms of COVID-19 include fever or chills, sore throat, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.
- If symptoms appear, see instructions listed above for symptomatic contacts.

Do casual contacts or “contact of a contact” need to take any special precautions?



- **No.** A person who is a casual contact or “contact of a contact” does not have any restrictions and can continue with normal activities such as going to work or school. However, if this person later develops symptoms, see instructions listed above for symptomatic contacts.

**These guidelines are changing and will be updated as additional guidance is received from local health officials. Any person experiencing COVID-19 related symptoms is strongly encouraged to report to their healthcare provider and follow prescribed care.*