

## Quarantine Guidance for Household and Close Contacts of a Person with COVID-19

(rev. 23 Oct 2020)

**Quarantine** is for people who were exposed to someone with COVID-19 but haven't yet developed any symptoms of COVID-19<sup>†</sup> 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, you need to stay in **quarantine** at home for **14 days**.

**“Stay in quarantine”** means you need to:

- **Separate yourself from the person (people) with COVID-19** in your home, if there are any.
- **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. **(Please note: a negative test does not allow you to end quarantine early.)**
- **Stay at home for 14 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<sup>†</sup>** consistent with COVID-19 and must go to work during the 14-day **quarantine** period, **you must wear a cloth 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.
- **Monitor your temperature & symptoms** for 14 days after your last contact with the person with COVID-19.

If you develop any symptoms consistent with COVID-19<sup>†</sup> during the **quarantine** period, 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. **(Please note: a negative test does not allow you to end quarantine early.)**
- **Follow** the symptomatic portion of the **Home Quarantine Guidance Flow Chart** (on the back of this page).

\*Essential Services are defined by Governor Ducey's Executive Order 2020-12, see: [https://azgovernor.gov/sites/default/files/eo\\_2021.pdf](https://azgovernor.gov/sites/default/files/eo_2021.pdf)

<sup>†</sup>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 web site](https://www.cdc.gov/covid19/symptoms) for the latest list of COVID-19 symptoms.

# COVID-19 Home Quarantine Guidance - Flow Chart for Close-Contacts<sup>†</sup>

Patient Version - Revised - 23 October 2020

<sup>†</sup> **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.

## SYMPTOMS

Have you experienced any symptoms consistent with COVID-19 since your exposure to a person with COVID-19?

**YES,**  
I have/had symptoms.

### Symptoms of COVID-19 may include:

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

Symptoms can range from mild to severe illness and may appear 2 to 14 days after exposure.

**NO,**  
I have not had symptoms.

### PCR or Antigen Test for COVID-19

Did you get a nose-swab or saliva test for COVID-19 since your exposure and is your result available?

**YES,**  
I've been tested and I have my test result.

**NO, including:**  
I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

### POSITIVE / NEGATIVE / UNTESTED

Isolate until it has been at least:  
**10 days** since your symptoms appeared,  
**AND 24 hours** since your last fever  
*without* the use of fever-reducing medication,  
**AND** your other symptoms have improved.

If tested, a **NEGATIVE** result does *not* end your isolation earlier because of your exposure and the need to quarantine.

See the **ISOLATION** guidelines at:  
[Maricopa.Gov/COVIDisolation](https://www.maricopa.gov/COVIDisolation)

#### SPECIAL EXCEPTIONS:

**\*Serious Illness** or **\*\*Severe Immunocompromise**  
If you were admitted to an ICU\* due to your COVID illness or you are severely immunocompromised,\*\* isolate until it's been at least:  
**20 days** since your symptoms appeared,  
**AND 24 hours** since your last fever *without* the use of fever-reducing medication,  
**AND** your other symptoms have improved.

### Did you have COVID-19 within the last 3 months?

If you tested positive for COVID-19, have recovered, and completed your COVID isolation period within the last 3 months:

- You **do not** need to **quarantine** if you are a close contact of someone with COVID-19.
- You **do not** need to **isolate** if you test positive for COVID again.

### POSITIVE

Isolate for **10 days** from when you were tested.

If you develop any symptoms during your isolation, follow the guidance for people with symptoms instead (left side of this chart).

#### SPECIAL EXCEPTION:

**\*\*Severe Immunocompromise**  
Isolate for **20 days** from when you were tested.

If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

### NEGATIVE

Quarantine for **14 Days** from the date of your last exposure to someone with COVID-19.

If you develop any symptoms during your quarantine, follow the guidance for people with symptoms instead (left side of this chart).

#### NEED TO KNOW HOW TO QUARANTINE?

See the **QUARANTINE** guidelines on the other side of this page, or at:  
[Maricopa.Gov/COVIDQuarantine](https://www.maricopa.gov/COVIDQuarantine)

\* **Serious illness** – e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: [www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html)

\*\***Severe immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.

START HERE

TRY ME ONLINE AT:  
[Maricopa.Gov/  
COVIDisolationTool](https://www.maricopa.gov/COVIDisolationTool)