

# When to Quarantine & For How Long

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. **People in quarantine should stay home, separate themselves from others, monitor their health, and follow public health guidance**

➤ **Scenario 1: You had close contact with someone who has COVID-19 AND you will not have further close contact**

**Example: Becky is exposed while she is at work**

- Becky goes home to quarantine
- Becky does not have any additional contact with her co-worker or anyone else with COVID-19

**Quarantine = Date of close contact + 14 days**

➤ **Scenario 2: You had close contact with someone who has COVID-19 AND you live with the person BUT can avoid further close contact**

**Example: Becky lives with J.P., who has COVID-19**

- J.P. is isolating in a separate room
- Becky **does not have any close contact** with J.P. while he is recovering in isolation

**Quarantine = Date of last contact with J.P. + 14 days**

➤ **Scenario 3: You are under quarantine AND had additional close contact with someone who has COVID-19**

**Example 1: Becky has additional close contact with J.P.**

- Becky lives with J.P., who has COVID-19
- J.P. is isolating in a separate room and Becky is quarantining **BUT**
- **Becky and J.P. decide to watch a movie together**
- **Becky needs to start quarantine over again**

**Quarantine = Date of last contact with J.P. + 14 days**

**Example 2: Becky's is exposed again when her daughter gets COVID-19**

- Becky lives with J.P., who has COVID-19
- J.P. is isolating in a separate room and Becky is quarantining **BUT**
- **Becky's daughter Jenny gets COVID-19** and Becky is exposed again
- **Becky needs to start quarantine over again**

**Quarantine = Date of last contact with Jenny + 14 days**

➤ **Scenario 4: You live with someone who has COVID-19 AND cannot avoid continued close contact**

**Example: Becky lives with J.P., who has COVID-19, and cannot avoid close contact**

- Becky shares a bedroom and is taking care of J.P.
- **Becky needs to continue quarantine after J.P. feels better and is out of isolation**
- Becky needs to avoid close contact with anyone outside her household for J.P.'s isolation and her entire quarantine period.

**Quarantine = Last Day of J.P.'s Isolation + 14 days**

