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QUARANTINE

Who needs to quarantine:

If you come into close contact with someone with COVID-19, you must quarantine if you are in one of the following groups:

- You are ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

What to do if quarantined:

- Stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a well-fitting mask when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for symptoms:

- Fever (100.4° or greater) or chills
 - Cough
 - Shortness of breath
- New loss of taste or smell
 - Sore throat
- Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow **isolation** recommendations.
- If you do not develop symptoms at least 5 days after you last had contact with someone with COVID-19, you can leave your home. Wear a well-fitting mask for 10 days after your date of last close contact when around others at home and in public.

ISOLATION

Who needs to isolate:

- People who have a positive test for COVID-19, regardless of whether or not they have symptoms.
- People with symptoms of COVID-19, including people who are awaiting test results.

What to do for isolation:

- Stay home and if possible, away from other household members.
- Monitor your symptoms
- Isolate for at least 5 days. If you have symptoms, to calculate your 5-day isolation, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.
- You can leave isolation after 5 full days if you are asymptomatic or if you have mild symptoms, you must be fever-free for at least 24 hours without fever-reducing medicine, not have a runny nose and have no more than a minimal, non-productive cough.
- You must continue to wear a well-fitting mask around others at home and in public for an additional 5 days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask around others, you must continue to isolate for a full 10 days.
- If you continue to have a fever or your other symptoms have not improved after 5 days of isolation, you must wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medicine and your other symptoms have improved.

Definitions:

Close Contact: someone who was less than 6 feet away from a person infected with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period

Exposure: contact with someone infected with COVID-19 in a way that increases the likelihood of getting infected with the virus

Isolation: you isolate when you are sick or have been infected with the virus, even if you don't have symptoms

Quarantine: you quarantine when you might have been exposed to the virus and may or may not have been infected