When To Start And Stop
Quarantine

DOUGLAS COUNTY
Health Department
Healthy. Vibrant.
Everyone. Everywhere.

You should stay home for 14 days after your last close contact with a person who has COVID-19.

Being within 6 feet or someone who has COVID-19 for a total of 15 minutes or more is what counts as close contact.

Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

Contact with a close contact does <u>not</u> require quarantine.

Situation 1: **I had close contact with someone who has COVID-19.**
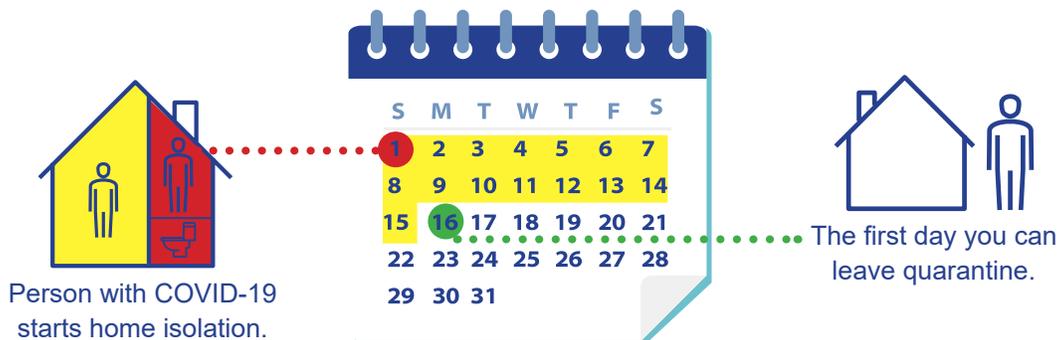**I will not have further contact with the person while they are sick.**

How to quarantine: Your last day of quarantine is 14 days from the date you had close contact.

Last day you had close contact with a person who has COVID-19.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The first day you can leave quarantine.

IMPORTANT The quarantine period is a full 14 days. For example, if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Situation 2: **I had close contact with someone who has COVID-19.**
I live with the person but can avoid further close contact.

How to quarantine: Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation. You must have no further close contact with the person since they isolated, which includes staying in a separate bedroom and using a separate bathroom if possible.
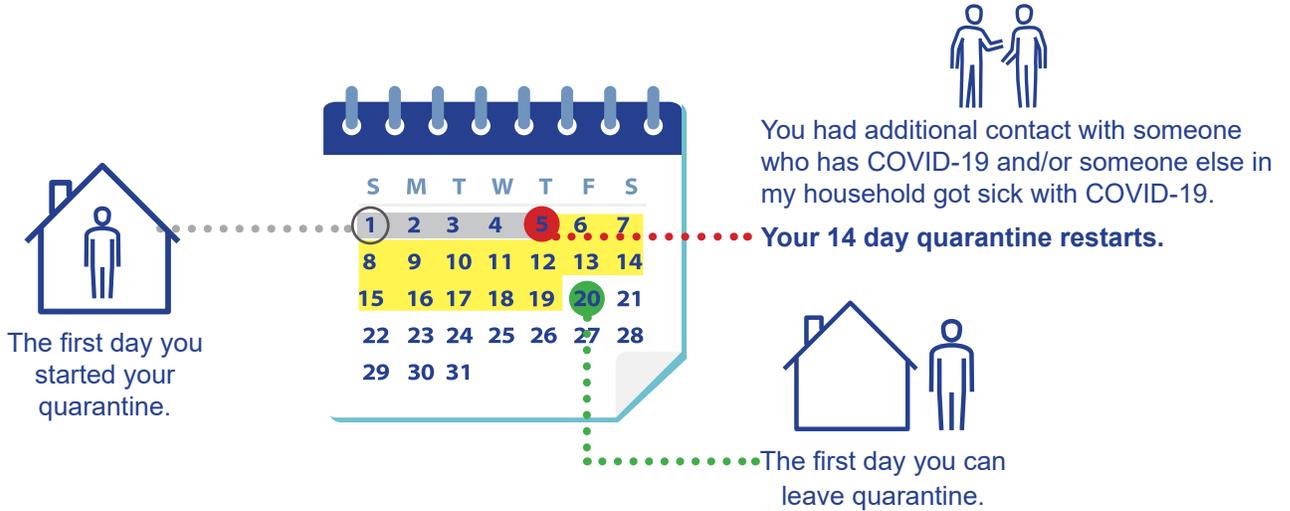
Person with COVID-19 starts home isolation.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The first day you can leave quarantine.

IMPORTANT The quarantine period is a full 14 days. For example, if your quarantine starts at noon on day 1, then it would end at noon on the last day.

8/18/2020

Situation 3: While under quarantine I had another close contact with someone who has COVID-19.

How to quarantine: You will have to <u>restart</u> your quarantine from the last day you had close contact with anyone in your house who has COVID-19.

Any time a new household member gets sick with COVID-19, you will need to restart your quarantine if you had close contact with them.
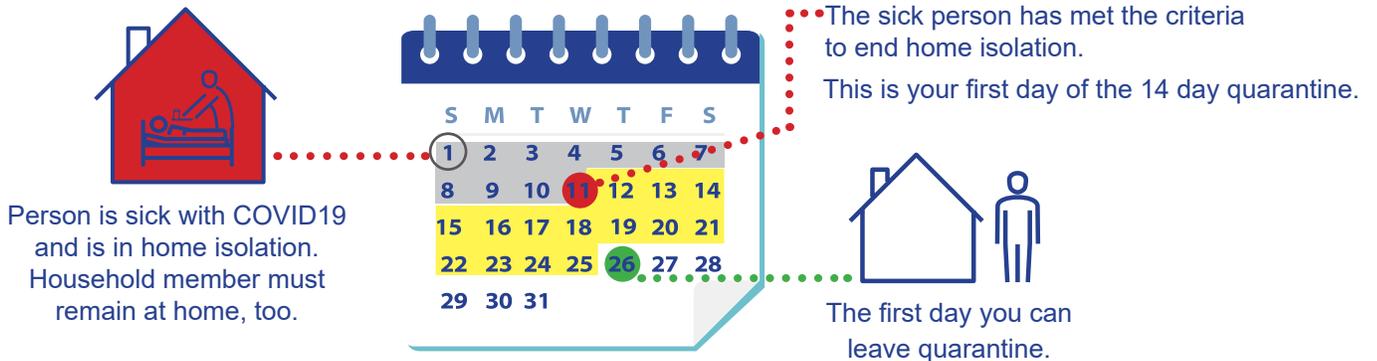
The first day you started your quarantine.

You had additional contact with someone who has COVID-19 and/or someone else in my household got sick with COVID-19. **Your 14 day quarantine restarts.**

The first day you can leave quarantine.

IMPORTANT The quarantine period is a full 14 days. For example, if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Situation 4: I live with someone who has COVID-19 and I cannot avoid close contact.

I am providing direct care to a person who has COVID-19, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

How to quarantine: You should remain at home for 10 days while the person can still spread the illness, and then quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

Person is sick with COVID19 and is in home isolation. Household member must remain at home, too.

The sick person has met the criteria to end home isolation.

This is your first day of the 14 day quarantine.

The first day you can leave quarantine.

IMPORTANT The quarantine period is a full 14 days. For example, if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Questions?
Call the Douglas County Health Department COVID-19 Information Line: 402-444-3400.