COVID-19 Home Quarantine Guidance - Flow Chart for Close-Contacts[†]

Patient Version - Revised - 23 October 2020

Maricopa County Public Health
WeArePublicHealth.org

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TRY ME ONLINE AT: Maricopa.Gov/COVIDIsolationTool

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

YES, I have/had symptoms.

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

[†]**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 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.

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

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).

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).

If you are waiting for your test result, *begin* by following the **NEGATIVE** guideline, *then* re-evaluate when you know your result.
- - -
If you haven't had a nose-swab or saliva test, *begin* by following the **NEGATIVE** guideline, *then* re-evaluate if/when you get tested and know your result.

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.

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.

NEED TO KNOW HOW TO QUARANTINE?

See the QUARANTINE guidelines on the other side of this page, or at:

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

**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.

COVID-19 Home Isolation Guidance - Flow Chart for Non-Contacts[†]

Patient version - Revised - 23 October 2020
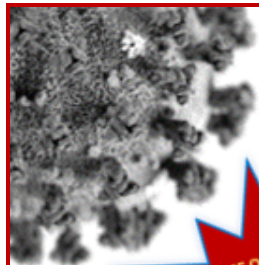
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[†]**Non-Contacts** are people who have *not* had known exposure to a person with COVID-19 while that person was infectious. If you have had contact with someone with COVID-19, consult the QUARANTINE guideline instead at: Maricopa.Gov/COVIDQuarantine

SYMPTOMS
Have you experienced any symptoms consistent with COVID-19?

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

NO, I have **not** 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 appear 2 to 14 days after exposure.

PCR or Antigen Test for COVID-19
Did you get a nose-swab or saliva test for COVID-19 and is your result available?

PCR or Antigen Test for COVID-19
Did you get a nose-swab or saliva test for COVID-19 and is your result available?

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

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

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.

If you are waiting for your test result, *begin* by following the POSITIVE guideline, *then* re-evaluate when you know your result.
- - -
If you haven't had a nose-swab or saliva test, follow the POSITIVE guideline unless one of the special exceptions connected below applies to you.

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

POSITIVE
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.

NEGATIVE
No isolation needed.
Reduce your risk of future exposure to COVID-19 by following everyday precautions.
See recommendations at:
Maricopa.Gov/COVID19

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).

If you are waiting for your test result, *begin* by following the NEGATIVE guideline, *then* re-evaluate when you know your result.
- - -
If you don't have symptoms, testing isn't recommended but it is available if desired. Follow NEGATIVE guideline, *then* re-evaluate if tested.

SPECIAL EXCEPTION:
Known Chronic Non-Infectious Condition
Isolation is *not* necessary if your symptoms are caused by a known chronic *non*-infectious condition (e.g. allergies, asthma). A doctor should provide a note confirming this in the school setting *only*.

SPECIAL SCHOOL EXCEPTION:
Alternate Infectious Illness
If your doctor will provide a note attesting that you have a different, **lab-confirmed,** infectious illness (e.g. Strep throat, influenza) causing your symptoms, you may follow the NEGATIVE guideline.

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.

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 (left side of this chart).

PREVIOUS COVID?
If you had COVID-19 and completed isolation, then later retested POSITIVE within 3 months of the onset of your symptoms (or date of your first positive test if you didn't have symptoms), additional isolation is **not** usually recommended.

* **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

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.