

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

Revised – 10 March 2021

**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, regardless of whether masks were worn, you need to stay in **quarantine** at home for **10 days**.

**Quarantine** means you need to:

- **Separate yourself** from any person (people) with COVID-19 in your home.
- **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
  - A negative test *might* allow you to end quarantine after 7 full days if you have not had any symptoms. See the **Home Quarantine Guidance Flow Chart** on the back of this page.)
- Stay at home for **10 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 10-day **quarantine** period, **you must wear a 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.
- **Continue to monitor your temperature & symptoms and wear a mask** for **14 days** after your last contact with the person with COVID-19, regardless of when your quarantine period ends.

If you develop **any symptoms consistent with COVID-19<sup>†</sup>** during **quarantine**, 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.
- **If you have any symptoms**, COVID-19 vaccination or a negative test do **NOT** allow you to end quarantine early.
- **Follow** the symptomatic portion of the **Home Quarantine Guidance Flow Chart** (on the back of this page).

If you have had **no symptoms consistent with COVID-19<sup>†</sup>** **and you have been fully vaccinated against COVID-19** **or you tested positive for COVID-19 in the last 90 days**, you do not need to quarantine. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure. See the **Home Quarantine Guidance Flow Chart** (on the back of this page) for other exceptions.

\*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\*

Revised - 10 March 2021

\* **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, regardless of whether masks were worn.



**START HERE**  
Have you experienced any symptoms consistent with COVID-19\*\* since your last exposure?

\*\*Symptoms of COVID-19 can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:  
Cough  
Fever or chills  
Nausea or vomiting, diarrhea  
Fatigue (not as sole symptom in school setting)  
Shortness of breath or difficulty breathing  
Muscle or body aches  
Sore throat  
New loss of taste or smell.  
Headache  
Congestion or runny nose

‡Previous COVID-19 infection? If you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period **within the last 90 days**, you do **not** need to **quarantine** if you are a close contact of someone with COVID-19, and you do **not** need to **isolate** if you test positive for COVID again.

**NO symptoms**  
Did you get a PCR or Antigen Test<sup>§</sup> for COVID-19 and do you know your result?

§PCR or Antigen tests for COVID-19 generally require a nose or throat swab or saliva sample. If you received a **blood** test, this was not a PCR or Antigen test. You should follow the instructions for "NO or NOT TESTED" below.

**YES, have/had symptoms**  
Regardless of any test result or your vaccination status, you **must isolate** until it has been **at least**:  
**10 full days** since your symptoms first appeared, **and 24 hours** since your last fever **without** the use of fever-reducing medications, **and** your other symptoms have improved.  
A negative test result does **not** end your isolation earlier.  
People who suffer severe COVID illness or who have certain immunocompromising conditions must isolate longer.  
See full **ISOLATION** guideline at: [Maricopa.Gov/COVIDisolation](http://Maricopa.Gov/COVIDisolation)

**NO or NOT TESTED**  
If you are waiting for your test result or haven't been tested, begin by following the **NEGATIVE** guideline, then re-evaluate when you get tested and/or receive your result.

**YES – NEGATIVE result**  
Have you been **fully vaccinated**<sup>†</sup> against COVID-19, and/or did you have **COVID-19**<sup>‡</sup> in the **past 90 days**?

†You are **fully vaccinated** against COVID-19 if you received your **2nd** dose of a 2-dose vaccine series (or **1st/only** dose of a 1-dose vaccine series) at least 14 days ago.

**YES – POSITIVE result**  
Regardless of your vaccination status, you **must isolate** until it has been **at least 10 full days** since you were tested.  
If you develop any symptoms of COVID-19 during your isolation, follow the guidance for people with symptoms instead (left side of this chart).  
People who suffer severe COVID illness or who have certain immunocompromising conditions must isolate longer.  
See full **ISOLATION** guideline at: [Maricopa.Gov/COVIDisolation](http://Maricopa.Gov/COVIDisolation)

**YES – fully vaccinated and/or previous COVID-19**  
You do **not** need to quarantine.  
Monitor yourself for symptoms and wear a mask for **14 days** after your last exposure.



**NO – not fully vaccinated, no previous COVID-19**  
You must **quarantine for 10 full days** from your last exposure to someone with COVID-19.  
Monitor yourself for symptoms and wear a mask for **14 days** after your last exposure.

**EXCEPTION**  
Even if fully vaccinated, **inpatients/residents in healthcare and congregate settings** (i.e., hospitals, hospice, LTCFs, group homes, inpatient rehab, shelters, jails/prisons, etc.) must **quarantine for 14 days** following their last exposure to a person with COVID-19.

**EXCEPTION**  
Public Health authorities may determine that people who have been vaccinated and/or test negative for COVID-19 must **quarantine for 10-14 days** if they are a part of an outbreak due to a variant strain of the virus that causes COVID-19.

**EXCEPTION**  
Close-contacts living in a **congregate setting** (e.g., assisted living, LTCF, group home, etc.) **must quarantine for 14 days** from their last exposure.  
The usual 10-day quarantine and the Early Release exception **do not apply**.

**EXCEPTION**  
**EARLY RELEASE** - Quarantine may end after **7 full days** following your last exposure **if** you have:  
**1) Tested for COVID-19 by PCR or antigen test collected at least 5 full days** following your last exposure,  
**2) Received the test result and it is negative,**  
**3) Been symptom-free** since exposure.  
**You must meet all 3 of the above criteria to end quarantine.**  
Monitor yourself for symptoms and wear a mask for **14 days** after your last exposure.

