

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

Revised – 31 March 2021

Quarantine is for people who were exposed to someone with COVID-19 but haven't yet developed any symptoms of COVID-19[†] 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**[†] 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[†]** 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[†]** **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

[†]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

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TRY ME ONLINE AT:
Maricopa.Gov/
COVIDisolationTool

- START HERE -

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

*Symptoms of COVID-19 can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:

Cough	Shortness of breath or difficulty breathing	New loss of taste or smell.
Fever or chills	Muscle or body aches	Headache
Nausea or vomiting, diarrhea	Sore throat	Congestion or runny nose
Fatigue (not as sole symptom in school setting)		

- YES, have/had symptoms -
You *may* be subject to **ISOLATION**.
See the **ISOLATION** guidance for details at:
[Maricopa.Gov/COVIDisolation](https://maricopa.gov/covidisolation)

- NO symptoms -
Are you a close contact** of someone with COVID-19?

**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.

†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.

‡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.

- YES, I'm a close contact. -
Did you get a PCR or Antigen Test‡ 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, and you should follow the instructions for "NO or NOT TESTED" below.

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

- YES, but NO RESULTS YET or NO, 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, POSITIVE result -
You are subject to **ISOLATION**.
See the **ISOLATION** guidance for details at:
[Maricopa.Gov/COVIDisolation](https://maricopa.gov/covidisolation)

- NO, not a close contact -
You do *not* need to quarantine.
Testing generally is not recommended for people without symptoms who were not exposed to someone with COVID-19, but testing is available to everyone. If you get tested, re-evaluate when you know your result.

- 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 to someone with COVID-19.

- NO, not fully vaccinated and 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 to someone with COVID-19.

SPECIAL EXCEPTION:
Public Health authorities may determine that people who have been vaccinated and/or test negative for COVID-19 must still 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.

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

SPECIAL 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, and...
2) Received the test result and it is negative, and...
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.

