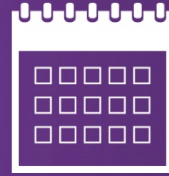




# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Insure NW



## Quarantining When Exposed to COVID-19

*This article compiles important information from the Centers for Disease Control and Prevention (CDC). Visit [www.cdc.gov/covid-19](http://www.cdc.gov/covid-19) for more information.*

### What Is a Quarantine?

A quarantine is used to keep someone who might have been exposed to COVID-19 away from others. It helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with a virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health and follow directions from their state or local health department.

### Who Needs to Quarantine?

Anyone who has been in close contact with someone who has COVID-19 should quarantine.

This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

Close contact examples include:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with a person who has COVID-19 (touched, hugged or kissed them).

- You shared eating or drinking utensils with a person who has COVID-19 .
- A person who has COVID-19 sneezed, coughed or somehow got respiratory droplets on you.

### Steps to Take When Quarantining

Take the following precautions when quarantining:

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or [other symptoms](#) of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

### When to Start and End Quarantine

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

The following page includes scenarios to help you determine when you can end quarantine and be around others.



### COVID-19 Quarantine Scenarios

*For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear two to 14 days after exposure to the virus that causes COVID-19.*

#### **Scenario 1: Close Contact With Someone Who Has COVID-19—Will Not Have Further Close Contact**

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor or friend).

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

#### **Scenario 2: Close Contact With Someone Who Has COVID-19—Live With the Person, But Can Avoid Further Close Contact**

I live with someone who has COVID-19 (e.g., roommate, partner or family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

**GUIDANCE:** Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

#### **Scenario 3: Under Quarantine and Had Additional Close Contact With Someone Who Has COVID-19**

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

**GUIDANCE:** Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your household who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

#### **Scenario 4: Live With Someone Who Has COVID-19 and Cannot Avoid Continued Close Contact**

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, 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.

**GUIDANCE:** You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

#### **Conclusion**

This guidance is only meant to be informative, not serve as expert advice. If you suspect a COVID-19 exposure, speak with your doctor immediately to determine the best course of action.