

Isolation & Quarantine Protocols for Close Contacts

Close Contact is defined as being within six feet of someone who has the novel coronavirus (SARS-CoV-2, the virus that causes COVID-19) for a total of 15 minutes or more in a 24 hour period; having direct physical contact with a case; sharing eating utensils with a case; or a person with SARS-CoV-2 sneezed, coughed or got respiratory droplets on you.

Non-Household Contacts

Non-household contacts should quarantine from class for a minimum of 14 days after exposure* to a case, regardless if the case was symptomatic. Acceptable alternatives to a 14-day quarantine include:

- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test collected.
- If the close contact was masked for the duration of the exposure, quarantine is not required.

Continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond your quarantine period.

*Exposure means contact with a case during the time period beginning two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

Household Contacts

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts must be quarantined after exposure to a case, regardless of whether the case is symptomatic.

When does quarantine start?

Household contacts must quarantine as long as they are exposed to the case, and for a 7-14 day period beyond their last exposure. If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with household members.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning. If the contact cannot separate from the case within the home, the contact must quarantine for the case's (minimum) 10-day isolation period plus an additional 7-14 days.

When does quarantine end? Once exposure is no longer occurring (either the case has completed 10-days of isolation or the case and contact have separated within the home), then quarantine can end:

- after Day 14
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test.

Household Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond the quarantine period.

Notes:

- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and should get tested.
- Household contacts will often need to remain at home longer than the initial case.