COVID-19:

When to **quarantine.**
Stop the spread.
Keep your family safe.

What is COVID-19?

COVID-19 is a contagious respiratory illness caused by a new coronavirus called SARS-CoV-2. People with COVID-19 sometimes have a cough, fever, feel like it's hard to breathe, or even lose their sense of taste or smell. Other symptoms include congestion or runny nose, diarrhea, headache, nausea or vomiting, muscle pain or fatigue, sore throat or chills. Symptoms range from mild to severe and may appear 2-14 days after exposure. People who have previously tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms. People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms , but testing is recommended 5-7 days after.

Who should quarantine?

If you or a member of your family has been in close contact (within 6 feet for more than 15 minutes over a 24-hour period, even if you are wearing a mask to lower your risk of infection) with someone who has COVID-19, you should quarantine. Quarantine helps prevent spread of disease that can happen before people know they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others and monitor their health. You should also quarantine if you provided care at home to someone who is sick with COVID-19, had direct physical contact with the person (hugged or kissed them), shared eating or drinking utensils or if someone you know with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you. If you are symptomatic or waiting for a test result, you and other members of your household should quarantine.

Why quarantine?

Quarantine helps prevent spread of disease that can happen before people know they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others and monitor their health.

How to quarantine:

- Stay home from work or school, or anywhere else even if you feel healthy.
- Answer the call from the Indiana Centralized Contact Tracing Program to help prevent the further spread of disease. The text will come from **877-548-3444.** You'll then receive a call from a contact tracer. The number on the caller ID will show as **833-670-0067** or may display as **"IN Health COVID"** if your carrier allows it.
- Wash your hands.
- Stay at least 6 feet from others, as much as possible, including siblings.
- Don't share personal items, such as silverware or glasses with anyone in your house.
- Use a different bathroom if you have one.
- Wear a cloth face covering if you must be around others.
- Get tested. Please stay home and quarantine as much as possible while waiting for test results. If test is positive, follow isolation guidelines. If test is negative, see instructions on Page 2.
- Watch for signs that you are sick, like a cough, fever or a headache, and other symptoms. Take your temperature twice a day and log with other symptoms on COVID-19 Symptom Tracker (on page 3).
- Complete your quarantine, even if your results are negative, before going to work or being around others.

When is my home quarantine over?

1. The CDC recommends a 14-day quarantine.

- The 14-day quarantine is recommended. People can develop a COVID-19 infection 2-14 days after being exposed. Quarantining for 14 days is the best way to be certain that a person is no longer at risk for developing an infection and transmitting the virus to others.
- The CDC also allows 10- and 7-day quarantine periods in certain circumstances. Both of these reduced quarantine periods have specific criteria that must be met in order to shorten quarantine.

2. Persons can discontinue quarantine after 11:59 p.m. on day 10 if the following criteria are also met:

- The person has shown no symptoms of COVID-19 at any point during the entirety of quarantine up to the time at which quarantine is discontinued; and,
- Daily symptom monitoring continues through quarantine day 14 (see log next page); and,
- All recommended preventive measures must continue through day 14 of quarantine:
    - Practice good hand hygiene by washing with soap and water for a least 20 seconds or using a hand sanitizer with at least 60% alcohol
    - Stay at least 6 feet (about 2 arms' length) from other people
    - Wear a mask over your nose and mouth when around others
    - Clean frequently touched surfaces often

3. People can discontinue quarantine after day 7 if the following criteria are met:

- The person has shown no symptoms of COVID-19 at any point during the entirety of quarantine up to the time at which quarantine is discontinued; and,
- The person gets tested no earlier than day 5 of their quarantine and receives a negative test result. They may get tested on day 5, day 6, day 7, or later, but they cannot end quarantine until they receive their test result, at least 7 full days of quarantine have passed; and,
- Daily symptom monitoring continues through quarantine day 14 (see log next page); and,
- All recommended preventive measures must continue through day 14 of quarantine:
    - Practice good hand hygiene by washing with soap and water for a least 20 seconds or using a hand sanitizer with at least 60% alcohol
    - Stay at least 6 feet (about 2 arms' length) from other people
    - Wear a mask over your nose and mouth when around others
    - Clean frequently touched surfaces often3. If you are able, the safest option is to quarantine for 14 days.

4. If you are able, the safest option is to quarantine for 14 days.

- People who are close contacts of a confirmed case within 3 months of their first bout of COVID-19 do not need to quarantine as long as they do not have any new COVID-19 symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and do not have any new COVID-19 symptoms. Fully vaccinated people should get tested 5-7 days after their last exposure and wear a mask in public indoor spaces for 14 days.
- *If a school attendee does not have any COVID-19 symptoms, is in a school that requires masking, and was wearing a mask appropriately at all times during indoor school settings throughout the academic school day, they do not need to quarantine or have a negative test. School attendees must still adhere to all mitigation measures at their school, including mask-wearing at all times. They should maintain social distance (stay six feet away) from people who are 65 years of age and older, people with weakened immune systems or who have underlying medical conditions, pregnant women, and infants. If any symptoms develop, immediately self-isolate and get tested.*

14-day Fever and Symptom Tracker - COVID-19

Name	Age (years)	Sex ☐ Male ☐ Female

Street Address	City	State	Your Telephone Number

Local Health Department	Telephone Number – Daytime	Telephone Number – After hours

Put the **current date** in the space provided for the next 14 days. Take your temperature twice a day; **once in the morning (a.m.) and once in the evening (p.m.)**, circle **Yes** or **No** if you have fever or are feverish, then write your temperature in the space.

Circle **Yes** or **No** - If you have a cough, sore throat, or shortness of breath for each day.
Do not leave any spaces blank. If you have a fever or any symptom, immediately call your doctor.

	Date (month/day) (Days 1-14)	Feverish?	Temperature Morning (a.m.)	Temperature Evening (p.m.)	Cough	Sore Throat	Shortness of Breath	Other Symptoms
1		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
2		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
3		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
4		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
5		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
6		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
7		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
8		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
9		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
10		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
11		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
12		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
13		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
14		Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	