

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

Revised – 11 May 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 might need to **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 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<sup>†</sup>** **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.



**Follow the Home Quarantine Flow Chart on the back of this page to determine whether you need to quarantine at home.**

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.
- **Follow the Home Isolation Guidance** at: [Maricopa.gov/COVIDisolation](https://maricopa.gov/COVIDisolation)

\*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.

<sup>†</sup>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)

# COVID-19 Home Quarantine Guidance Flow Chart

Revised – 11 May 2021 – As recommendations have multiplied, font size has gotten smaller. Consider printing on larger paper or zoom-in on computer.

**- START HERE -**  
Have you had 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  
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

TRY ME ONLINE AT:  
Maricopa.gov/  
COVIDisolationTool

**YES, I have/had symptoms**  
You are subject to **ISOLATION**.  
See the ISOLATION guideline at [Maricopa.gov/COVIDisolation](https://www.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.

**NO, not a close-contact**  
Did you get a **PCR or Antigen Test<sup>3</sup>** for COVID-19 and do you know your result?

<sup>3</sup>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, not tested"** below.

**YES, I'm a close-contact**  
Did you get a **PCR or Antigen Test<sup>3</sup>** for COVID-19 and do you know your result?

**YES, NEGATIVE result**  
No quarantine necessary.  
Testing isn't needed for most people *without* symptoms who are *not* close-contacts, but is available to everyone.

**YES, but no result yet or NO, not tested**  
Begin by following the guideline for **"YES, NEGATIVE result"** at left, then re-assess when you receive your result.

**YES, POSITIVE result**  
You are subject to **ISOLATION**.  
See the ISOLATION guideline at [Maricopa.gov/COVIDisolation](https://www.maricopa.gov/COVIDisolation)

**YES, NEGATIVE result**  
Have you been **fully-vaccinated<sup>4</sup>** against COVID-19 and/or did you COVID-19<sup>4</sup> in the past 90 days?

**YES, but no result yet or NO, not tested**  
Begin by following the guideline for **"YES, NEGATIVE result"** at left, then re-assess when you receive your result.

**YES, POSITIVE result**  
You are subject to **ISOLATION**.  
See the ISOLATION guideline at [Maricopa.gov/COVIDisolation](https://www.maricopa.gov/COVIDisolation)



**NO, not 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.

<sup>4</sup>You are **fully vaccinated** against COVID-19 if you received your **2nd** dose of a 2-dose vaccine series (or **1<sup>st</sup>/only** dose of a 1-dose vaccine series) at least 14 days ago.

**YES, fully-vaccinated<sup>4</sup> and/or previous COVID-19<sup>4</sup>**  
No quarantine necessary.  
Monitor yourself for symptoms and wear a mask for **14 days** after your last exposure to someone with COVID-19.

<sup>4</sup>**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.

**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 a **NEGATIVE** result, *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.

**SPECIAL EXCEPTION**  
Even if fully vaccinated, **inpatients/residents in healthcare settings** (i.e., hospitals, hospice, LTCFs, ALFs, DDD and DCS group homes, inpatient rehab, etc.) must quarantine for **14 days** following their last exposure to a person 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.