

What is Quarantine?

Quarantine is when people who have been exposed to COVID-19 stay separate from others, even if they do not feel sick or have symptoms. Quarantine helps limit further spread of COVID-19, as someone can unknowingly spread COVID-19 before symptoms develop.

Who should Quarantine?

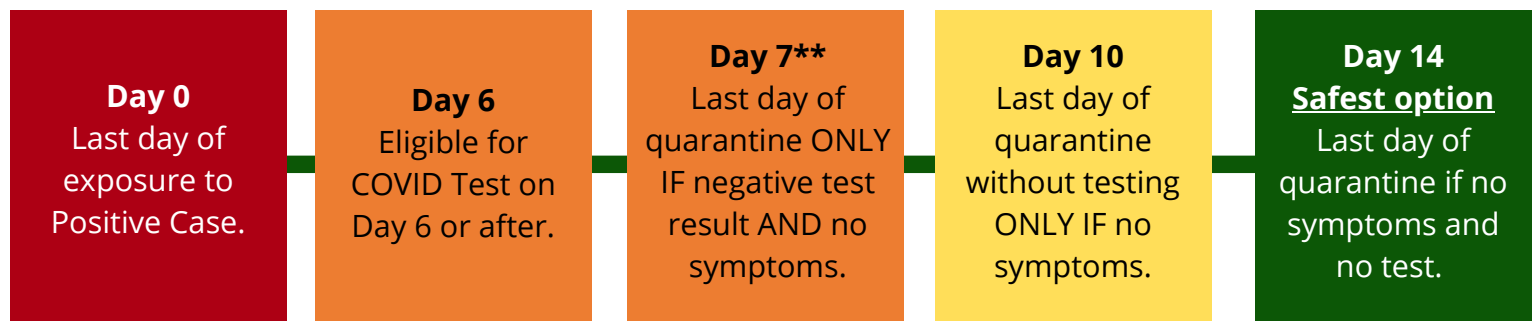
People who have been in close contact with someone who has COVID-19. You are a close contact if any of the following occurred:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over the course of a day.
- You had direct physical contact with the person (handshake, hugged, or kissed them).
- They sneezed, coughed, or somehow got respiratory droplets on you.
- You live with the person or stayed overnight with the person.

Quarantine Options:

Informed by new and emerging science, the CDC has released options to reduce the length of quarantine using symptom monitoring and diagnostic testing. These new guidelines for options shorter than 14 days have a risk of spreading COVID-19. **The safest strategy for preventing the spread of COVID-19 remains that close contacts quarantine for a full 14 days after exposure.**

Quarantine Options* Timeline:



**SCPH does not recommended the shortened quarantine options for congregate settings where the likelihood exists that a single case could lead to multiple other people being exposed, such as in long-term care facilities, shelters, jails, or schools.*

***If no test result by Day 7, continue to quarantine. A pending test result on Day 7 is not sufficient.*

Instructions for All Quarantine Options:

- During your quarantine stay home.
- You MUST check yourself daily for symptoms through Day 14.
- If symptoms develop at any time, you should immediately self-isolate and get tested.
- You must strictly follow all COVID precautions including physical distancing, mask wearing, and avoiding gathering with people not in your household through Day 14.

Sources: CDC and WI DHS. For additional information visit <https://www.co.sauk.wi.us/publichealth/what-do-if-you-are-close-contact>