

QUARANTINE OPTIONS AFTER EXPOSURE TO COVID-19

OPTION 1	OPTION 2	OPTION 3
<p>14 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 15.</p> <p>CDC still maintains the 14-day quarantine is the gold-standard for reducing the spread of COVID-19</p> <p>No testing required.</p>	<p>10 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 11 if no symptoms have been reported during daily monitoring.</p> <p>No testing required.</p> <p><i>With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.</i></p>	<p>7 DAYS</p> <p>from your LAST exposure to the person who tested positive. You may return to work/ school/ day care on Day 8 if no symptoms have been reported during daily monitoring</p> <p>AND</p> <p>You have a negative COVID-19 test</p> <p>(Test can be done on Day 5)</p> <p><i>With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.</i></p>
<p>Persons can discontinue quarantine at these time points only if the following criteria are met:</p> <ul style="list-style-type: none"> • No clinical evidence of COVID-19 has been noted during daily symptom monitoring; and, • Daily symptom monitoring continues through quarantine Day 14; and, • Strict adherence through quarantine Day 14 to all recommended non-pharmaceutical interventions (NPIs*, a.k.a. mitigation strategies). • If any symptoms develop, you should immediately self-isolate and contact the local public health authority and/or your healthcare provider to report this change in clinical status. <p>*NPIs that can be practiced by individuals include the following: correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, ensuring adequate indoor ventilation, and self-monitoring for symptoms of COVID-19 illness. These are also summarized here.</p>		