



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[†]** **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
- Muscle or body aches
- Nausea or vomiting, diarrhea
- Shortness of breath or difficulty breathing
- Headache
- Sore throat, congestion or runny nose
- Fever or chills
- Fatigue (not as sole symptom in school setting)
- New loss of taste or smell.

Check the [CDC web site](https://www.cdc.gov/symptoms/) for the latest list of COVID-19 symptoms.

[†]Essential Services are defined by Governor Ducey's Executive Order 2020-12, see: 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:
Shortness of breath or difficulty breathing
New loss of taste or smell
Headache
Congestion or runny nose
Cough
Fever or chills
Muscle or body aches
Nausea or vomiting, diarrhea
Sore throat
Fatigue (not as sole symptom in school setting)

YES: I have/had symptoms
You are subject to ISOLATION. See the ISOLATION guideline at [Maricopa.gov/COVIDisolation](https://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† for COVID-19 and do you know your result?

†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† 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://maricopa.gov/COVIDisolation)

YES, NEGATIVE result
Have you been fully-vaccinated against COVID-19 and/or did you COVID-19* 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://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.

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

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

†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.