

Quarantine

quar·an·tine /'kwôrən,tēn/: To separate and restrict the movement of people who have been exposed to a contagious disease, to see if they become sick.

The reason for quarantine is to separate those who were exposed to a confirmed COVID-19 case, from the general population. Individuals who are exposed to COVID-19 may unknowingly spread the virus to other people before they show symptoms themselves which is why contact tracing and quarantine is essential in reducing the spread of COVID-19.

How to determine if someone needs to quarantine:

1. An individual is exposed to a positive COVID-19 case.
 - a. When were they exposed?
 - i. 48 hours prior to the case's symptom onset and any time during the their 10-day isolation.
 - b. How were they exposed?
 - i. If they were within 6 feet of each other.
 - ii. If the positive case and the other individual were **both** unmasked.
 - iii. If they were in this scenario for greater than a cumulative 15 minutes.
 - iv. They had direct physical contact such as hugging or kissing.
 - v. The positive case coughed, sneezed, or somehow got respiratory droplets on them.
 - vi. They shared eating or drinking utensils; or personal care items such as chapstick.

****example A:** Anna (who is the positive case) and Cindy (who is not) were working on a school project together at Cindy's house. Neither one was wearing a mask and they were sitting next to each other at the kitchen table for 2 hours. **Cindy must quarantine.**

****example B:** Anna (who is the positive case) and Cindy (who is not) were working on a school project together at Cindy's house. Anna was wearing a mask but Cindy was not. They were sitting next to each other at the kitchen table for 2 hours. **Cindy must quarantine because she was unmasked.**

****example C:** Anna (who is the positive case) and Cindy (who is not) were working on a school project together at Cindy's house. Anna and Cindy were both wearing a mask. They were sitting next to each other at the kitchen table for 2 hours. **Cindy DOES NOT need to quarantine because both girls were masked.**

- c. Other considerations:
 - i. People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.

- ii. People who are fully vaccinated meaning: 14 days after their 2nd shot of either Moderna or Pfizer; OR 14 days after their single dose shot of Johnson & Johnson.
 - iii. Being outdoors is **not** considered a barrier.
 - iv. If at anytime during the 14 days after exposure to the positive case, the quarantined individual starts to show symptoms of COVID-19, they should isolate for 10 days from symptom onset. Testing is not necessary but can be done if desired.
- d. Options to reduce quarantine:
- i. Quarantine may end 10 days after exposure as long as the quarantined person does not have any symptoms.
 - ii. Quarantine may end 7 days after exposure as long as the quarantined person has tested negative for COVID-19 on their 5th day of quarantine.
 - iii. The quarantined individuals should still monitor their health until its been 14 days from exposure.
 - iv. The quarantined individuals should continue social distance of 6 feet, wearing a mask, avoiding large gathering and washing their hands.

References:

Centers for Disease Control and Prevention. (2021, March 12). *When to Quarantine*. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Centers for Disease Control and Prevention. (2020, December 2). *Science Brief: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing*. <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Centers for Disease Control and Prevention. (2021b, March 23). *When You've Been Fully Vaccinated*. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>