

## Quarantine Guidance for Household and Close Contacts (Updated 8/7/20)

If you **live in the same home** or **were in close contact (within 6 feet for longer than 10 minutes)** with someone with COVID-19, you should **stay at home in quarantine**.

### **This means you should:**

- **Separate yourself from the ill person (people) in the home**, if you live with the person with COVID-19.
- **Stay at home for 14 days after your last contact with the person with COVID-19**, except to get essential medical care, prescriptions, and food. This includes:
  - **Not going to work (unless you work in an essential service\* AND do not have any symptoms consistent with COVID-19<sup>1</sup>), school, or public areas**
    - **If you work in an essential service\* AND do not have any symptoms consistent with COVID-19<sup>1</sup>** and must go to work during the 14 days after your last contact with the person with COVID-19, **you must wear a cloth face mask** when you are within 6 feet of other people.
  - **Not using public transportation, rideshares, or taxis**
- **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.
- **Monitor your temperature & symptoms** for 14 days after your last contact with the person with COVID-19.

### **If you develop any symptoms consistent with COVID-19<sup>1</sup> during the 14-day monitoring period, you should:**

- 1) **Get tested for COVID-19** with a PCR or antigen test (swab test) at a healthcare facility or other testing site.
- 2) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19**, you should isolate at home until:
  - At least 10 days have passed since your symptoms first started **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.
- 3) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19 AND** are admitted to the **Intensive Care Unit (ICU) OR** you are **severely immunocompromised<sup>2</sup>**, you should isolate until:
  - At least 20 days have passed since your symptoms first started **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.
- 4) If you **test negative for COVID-19**, you should isolate at home until:
  - At least 14 days have passed since your last exposure to the person with COVID-19 **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.

\*Essential Services are defined by Governor Ducey's [Executive Order 2020-12](#).

<sup>1</sup>Symptoms consistent with COVID-19 include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Check the [CDC web site](#) for the latest list of symptoms.

<sup>2</sup>Severely immunocompromised means you have: been taking chemotherapy for cancer recently; HIV and a CD4 T-cell count <200; an immunodeficiency disorder; been taking high dose steroids (like 20 mg/day for > 14 days); OR another condition that a healthcare provider has told you makes you severely immunocompromised.