



**Public Health**  
Prevent. Promote. Protect.  
Dayton & Montgomery County

# Self-Quarantine Guidance for COVID-19



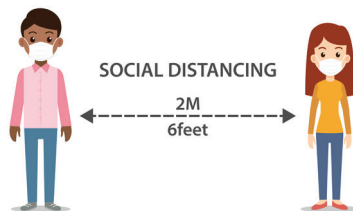
**Name:** \_\_\_\_\_

**SELF-QUARANTINE:** This guidance is for people who were identified as a close contact to someone who has COVID-19. Close contacts are people who have been exposed to a person who has COVID-19 during the time when that person can spread the infection. Close contact means you were within 6 feet, for 15 minutes or longer of the infected person. Wearing a cloth face mask while in close contact may reduce the amount of exposure, but doesn't exclude you from being a close contact. Additionally, direct physical contact, sharing utensils, a nearby sneeze or cough, or caring for someone with COVID-19 also meet the criteria for a close contact.

## Self-Quarantine Directions

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Self-monitor for COVID-19 symptoms each day.
- Stay home. Do not go to work, school, public areas, sports games or practices, events, or parties - even with your family.
- Do not allow visitors in your home.
- Do not host parties or events in your home.
- Separate yourself from others in your home by at least 6 feet.
- Do not make contact with people at your front door.
- Stay on your own in a well-ventilated room if possible.
- Use a separate bathroom if available.
- Do not handle pets or other animals.
- Do not prepare or serve food to others.
- Wear a mask if you are in the same room as other people.
- Complete quarantine as directed (see table on page 3).



### Symptoms may include:



## Hygiene and Cleaning

- Clean bathroom daily.
- Wash your hands often with soap and water for at least 20 seconds.
- Use disposable paper towels to dry your hands and dispose of in your own trash can.
- Alcohol-based (60%) hand sanitizer can be used if soap and water are not available.
- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Avoid touching your face mask while you are wearing it.
- Wash dishes & utensils thoroughly with soap and water; dishwashers may be used.
- Clean and disinfect high-touch surfaces every day. Use cleaning products according to label instructions.



# Self-Quarantine Guidance for COVID-19

## Stay at Home Except to Seek Medical Care

- If medical care is needed, CALL your doctor or the hospital first and tell them you are in quarantine as a close contact so they can be prepared.
- Follow their instructions.

Seek prompt medical care if you develop symptoms that get worse or seem serious; especially if you are at higher risk for serious illness. This includes people age 65 and older, pregnancy, other chronic diseases, or a weak immune system. **\*Call 911 for emergency warning signs**

## CORONAVIRUS (COVID-19) EMERGENCY WARNING SIGNS

People who develop emergency warning signs for COVID-19 should get medical attention immediately.

Emergency warning signs include\*:



**Difficulty breathing**



**Pressure or pain in chest**



**Bluish lips or face**



**Confused or hard to wake**



**Other serious symptoms**



\*This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.

## Self-Quarantine FAQs

### Do I need to get tested?

If you develop symptoms call your medical provider to discuss getting tested. COVID-19 testing may change the length of your quarantine (see table on page 3).

### What about the other people who live with me?

Family members and others who live with you do not need to quarantine as long as you remain symptom free. They should continue measures such as frequent hand washing, wearing a mask, cleaning the home, and keeping a 6-foot distance from you and others.

### Can I leave my residence during quarantine?

No, you should not leave your residence during quarantine or enter another public or private place except to get necessary medical care.

### When does my quarantine end?

Based on guidance from the Ohio Department of Health, quarantine may last 14, 10, or 7 days (see table on page 3).

Self-quarantining and monitoring your health status is an important step in controlling the spread of COVID-19. Your willingness to comply will help protect your family and others in your community, and is greatly appreciated.



# Self-Quarantine Guidance for COVID-19

## Recommended Options for Quarantine

	Duration of Quarantine	Recommended Actions
<b>Optimal Duration to Minimize Risk of Transmission</b>	<ul style="list-style-type: none"> <li>Stay at home for <b>14 days*</b> after last exposure.</li> <li>A 14-day quarantine period presents the lowest risk of post-quarantine transmission.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</li> <li>Self-monitor for symptoms through <b>day 14</b>. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other <a href="#">symptoms of COVID-19</a>)</li> <li>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</li> </ul>
<b>Reduced Duration 1</b>	<ul style="list-style-type: none"> <li>Stay at home for <b>10 days</b> after last exposure.</li> <li><b>Risk of Transmission</b> 1% - 10% chance of spreading the disease post-quarantine.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</li> <li>Self-monitor for symptoms through <b>day 14</b>. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other <a href="#">symptoms of COVID-19</a>).</li> <li>Consider obtaining a COVID-19 test at the end of this period (day 8 or later) to increase certainty that the individual is not infected, and quarantine through day 10.</li> <li>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</li> </ul>
<b>Reduced Duration 2</b>	<ul style="list-style-type: none"> <li><b>Negative COVID-19 test</b> collected on day 5 or later after last exposure <b>AND</b> stay at home for at least <b>7 days</b> after last exposure.</li> <li><b>Risk of Transmission</b> 5% - 12% chance of spreading the disease post-quarantine.</li> </ul>	<ul style="list-style-type: none"> <li>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</li> <li>Self-monitor for symptoms through <b>day 14</b>. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other <a href="#">symptoms of COVID-19</a>)</li> <li>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</li> </ul>

\* This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with [people at increased risk for severe illness](#) from COVID-19 is possible.

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