

COVID-19 Quarantine Stay Home If You Have Been Exposed



If you have been notified that you were a close contact to someone diagnosed with COVID-19, you should quarantine (stay home, not leave the house for any reason other than to seek medical care) for 10 days.

You may consider ending quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later.

You should continue to monitor your health for symptoms until day 14, and always wear a mask.

What is Considered a Close Contact

A close contact is anyone who was within 6 feet or less of someone diagnosed with COVID-19 for a total of 15 minutes or more (combined total time) starting 2 days before their symptoms began.

This is their “infectious period”. If they don’t have symptoms, it is two days before the day they were tested for COVID-19.

[CDC: When to Quarantine](#)
[View Here](#)



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Below are some scenarios to help you determine when you should stop quarantine.

Scenario 1:

Close contact with someone who has COVID-19. This could be an exposure to a friend, neighbor or coworker, or it could be an exposure to a household contact that is able to completely isolate (stay in a separate bedroom and have no further contact with anyone else in the home) from household members. *Close contact should quarantine for 10 days from the last time they were around the case. You may consider ending quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Last close contact with person who has COVID-19	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

Scenario 2:

Close contact with a household member diagnosed with COVID-19 and unable to avoid continual close contact. This could be due to the household member not having their own bedroom or the case needing to provide/receive care from someone else (either too young or needing medical care). *Contacts may choose to reduce their quarantine to 7 days after the person with COVID-19 ends their isolation period with a negative COVID-19 test at least 5 days after the person with COVID-19 ends their isolation period.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Person is sick/has COVID-19	30	31	1	2	3	4	5
Criteria met to end home isolation. Quarantine starts	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

Scenario 3:

Close contact is under quarantine and then has an additional exposure to someone diagnosed with COVID-19. This may happen when an additional household member becomes ill. *Close contacts should restart their quarantine based on their last exposure to the most recent case.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start of first quarantine	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

..... Additional contact or someone else got sick; quarantine starts over