

# COVID Quarantine Guidelines

## HOUSEHOLD CONTACT

### Update: January 2022



### Household Contacts who have symptoms should test right away.

Individuals who have tested positive for COVID-19 in the last 90 days are exempt from quarantine as long as they remain asymptomatic. Individuals exempt from quarantine for this reason should still wear a mask in public indoor settings for 10 days following a known exposure.

### "Un-Vaccinated" Individuals

*Who are not able to have complete separation from the POSITIVE individual with COVID-19 (meaning no contact, no time together in the same room, no sharing of any spaces, such as the same bedroom or bathroom):*

#### If you:

Have completed the primary series of Pfizer or Moderna vaccines more than 5 months ago and are not boosted

OR

Have completed the primary series of J&J vaccine more than 2 months and are not boosted

OR

Are unvaccinated

#### You Should:

- **Quarantine throughout positive case's isolation and continue to quarantine for at least 5 days AFTER the positive case has been released from isolation.**
  - Household contacts need to remain at home longer than the original COVID case - as their exposure is ongoing throughout the positive case's isolation period.
  - Try to encourage isolating the positive case to 1 bedroom/bathroom (only used by them) when possible.
- **Wear a mask around others for 10 days**
- **Test on day 5 following last exposure.**
  - a. Negative - mask required until day 10
  - b. Positive - follow general isolation guidelines
- If you develop symptoms at anytime, get tested and stay home.

#### EXAMPLE:

Original COVID case is symptom-free on day 4, required isolation until day 5;

◦ Household contact that is symptom-free:

1. Test on day 10 and wear a mask around others until day 15 (unless positive test results require normal quarantine guidance).

-OR-

2. No Test, contact must remain quarantined through day 15, can return to regular activities on day 16 (unless positive test results require normal quarantine guidance).

### Vaccinated Individuals

#### If you:

Have received a Booster Dose

OR

Have completed the primary series of Pfizer or Moderna vaccines within the last 5 months

OR

Have completed the primary series of J&J vaccine within the last 2 months

#### You Should:

- Continue to attend work/school with a mask.
- Monitor for symptoms throughout contact's isolation and 10 days following contact's isolation period.
- Test 5 days after contact's isolation period ends (see above 1st example.)
  - a. Negative - mask no longer required
  - b. Positive - follow general quarantine guidelines
- If you develop symptoms at anytime, get tested and stay home.

**If complete separation from the person in your house with COVID-19 is possible, follow the Franklin County Health Department Quarantine Guidelines. Please call (785) 229-3530 with questions or concerns.**