Isolation and Quarantine Explained

Isolation: Keeps COVID-19 positive cases away from others, even in their home.
Quarantine: Keeps someone who might have been exposed to COVID-19 away from others.

Unvaccinated Guidelines:

*I have COVID-19 but do not have any symptoms. How long is my **isolation**?*

Answer: If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test (10 days after you were tested).
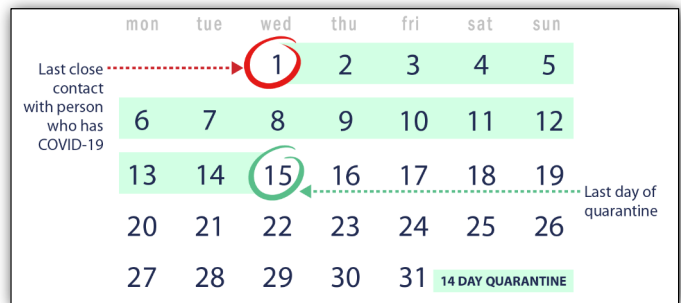
Note: A negative test to return to work or school after isolation is completed is not required, because there is potential for a continued positive result for up to 90 days after infection.

*I have COVID-19 with symptoms. How long is my **isolation**?*

Answer: At least 10 days since symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and other symptoms of COVID-19 are improving.

*I have been in close contact with someone who is positive for COVID-19. I do not live with this person. How long is my **quarantine**?*
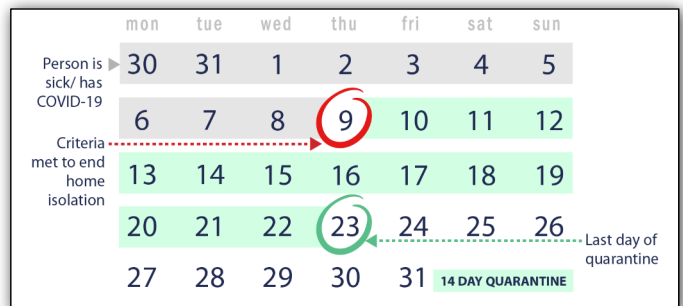
Answer: You need to complete one of the following quarantine options. A 14 days quarantine is best, starting the day after your last exposure to the case. However, a 10-day quarantine is accepted by GCHD, CDC, and GCPS as long as you have no symptoms. This is the minimum recommendation by GCHD. However, a 7 day quarantine may be accepted by an employer with a negative test after day 5. Anything less than 14 days must be combined with masks and social distancing for the remaining time until day 14. For anyone unable to mask/social distance, such as young children, a 14-day quarantine is recommended.

	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	14 DAY QUARANTINE	

Last day of quarantine

Note: You cannot test out of quarantine early by getting a negative test after exposure.

*I have been in close contact with someone with confirmed COVID-19. I live with this person. We have one bathroom in the house. When can I begin my **quarantine**?*

Answer: You need to quarantine immediately, and extend it for 10-14 day after the isolation period of the case ends. In other words, your quarantine extends 10-14 days after your high-risk exposure ends (the last day of family members isolation). Continue to monitor for symptoms until day 14.

	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	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	14 DAY QUARANTINE	

Last day of quarantine

If you live with multiple people, and another household member begins having symptoms or tests positive, then your quarantine period starts over on the day after that person's last day of isolation. If you are unable to quarantine away from the family, your quarantine period starts over **every time** a new person in the household starts having symptoms or tests positive .

If **you** begin having symptoms, you only need to do a 10-day quarantine from the beginning of your symptoms.

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GARRETT COUNTY
HEALTH DEPARTMENT

Updated 9/3021

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*I have been in close contact to someone with confirmed COVID-19. I live with this person. We have several bathrooms and bedrooms in the house, so the case can successfully isolate for 10 days within the home, and not expose others. When can I begin my **quarantine**?*

Answer: If you are able to successfully isolate the case for the entire duration of the 10-day period while they are infectious, then day one of your 10-14 day quarantine period can begin the day after separate isolation has been arranged. Continue to monitor for symptoms until day 14.
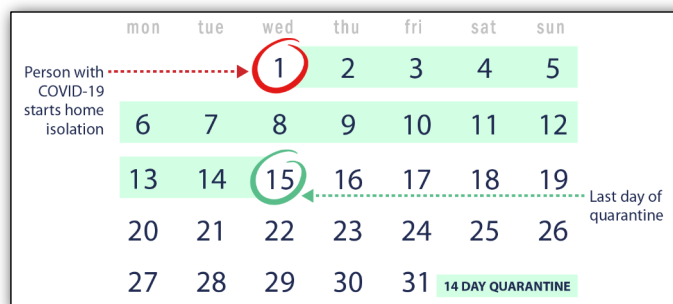
Vaccinated Guidelines:

"Fully Vaccinated" is 2 weeks after final dose.

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*I have been fully vaccinated against COVID-19, do I need to **quarantine** if I have been in close contact with someone with confirmed COVID-19?*

Answer: No. If it has been at least 2-weeks since your final dose (2nd for Moderna and Pfizer, and 1st for Johnson and Johnson) you do not need to quarantine after exposure unless you develop symptoms. Mask for 14 days or until you receive a negative test result for a test taken no sooner than 3-5 days after exposure. If you develop symptoms, you need to quarantine and get tested. Fully vaccinated people who are exhibiting symptoms need to isolate for 10 days, with no fever without fever-reducing medication and other symptoms of COVID-19 are improving.

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Wear masks within a household when a case is living there. Make efforts to stop the spread. This is particularly important if elderly individuals or people with chronic disease live in the home. Wash hands, clean and sanitize high touch surfaces, and keep as much distance as possible.

Call your medical provider for any symptoms that are severe or concerning to you.
For more information call the COVID-19 Hotline at the Garrett County Health Department at 301-334-7698.

Note: A negative test to return to work or school after isolation is completed is not required, because there is potential for a continued positive result for up to 90 days after infection.

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