

Isolation and Quarantine Explained

Intended to assist with Isolation and Quarantine times outside of daycare and K-12 setting. Other specific guidelines apply to daycare and K-12 settings.

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.

Not Fully Vaccinated Guidelines:

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

Answer: Isolation is always for 10 days from the date of your positive test.

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. Shedding dead virus does not indicate a continued 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. Quarantines less than 14 days must be accompanied by masks and social distancing for the complete 14 days. For anyone unable to mask/social distance, such as young children, a 14-day quarantine is recommended.



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 stay home beginning immediately and for the duration of the isolation of the case. The day after the isolation ends is the first day of your quarantine. Continue to monitor for symptoms through day 14.



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 isolation from the beginning of your symptoms.

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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 number one of your 7-14 day quarantine period can begin the day after separate isolation has been arranged. Continue to monitor for symptoms through day 14.



Guidelines for people who are fully vaccinated:

"Fully Vaccinated" is 2 weeks after final dose.

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. As long as you have no symptoms and you are considered fully vaccinated. Masking should continue where required and in any indoor setting in areas and times of substantial or high transmission rates. If you develop symptoms, you need to isolate 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.

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. False positive results can happen after 10 days of isolation are completed, even though most people who have had mild to moderate illness are no longer infectious. For this reason, testing to return to work is not recommended.