

Stop the Spread of COVID-19



Quarantine



What is quarantine?

Quarantine is an important way to stop the spread of COVID-19. It means staying home and away from others after you have been exposed to the virus that causes COVID-19.

If you are a close contact to a person with COVID-19, you need to quarantine for a period from the time of the exposure. Close contact, generally, means you were within 6 feet of the person for at least 15 minutes total while they were infectious. COVID-19 patients are considered infectious two days before their symptoms started, or two days before their positive test if they do not develop symptoms. All close contacts should get tested for COVID-19 at least five (5) days after the last exposure to the positive person.

If you are a close contact, you need to quarantine even if you don't feel sick and even if you have received a negative test.

Length of quarantine

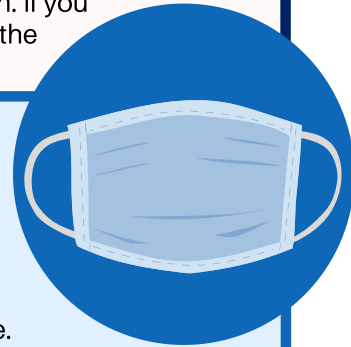
The incubation period of the virus that causes COVID-19 is up to 14 days. Therefore, the safest quarantine period would last **14 days** from the most recent exposure to the positive patient.

In accordance with new CDC guidelines, quarantine can end after **10 days** without testing if no symptoms have occurred. Or, it can end after **7 days** if no symptoms have occurred **and** a test returned a negative result. Note that the test sample must have been collected at least 5 days after exposure. Send-off PCR tests are preferred, but rapid PCR or antigen tests are acceptable.

If you are exposed again during quarantine, the period must start over again. If you develop symptoms or test positive for COVID-19 during the quarantine period, you must follow the instructions for isolating yourself.

Restrictions during quarantine

- **Remain at home and avoid all public activities.** This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
- **Do not have visitors** in your home.
- If you live in a home with other people, **stay in a separate room.** If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- **Wash your hands** and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- **Do not leave your home** except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- **In the event of a medical emergency, call 911.** Tell them that you are in home quarantine due to possible COVID-19 exposure. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.
- **Do not use any public transportation** (buses, taxis, ride share services, or airplane).
- **Check yourself for fever** twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you are able to resume normal activities or if you need additional care.
- If you begin to have symptoms such as fever, cough, or trouble breathing, or if you otherwise feel sick, **contact your health care provider.**

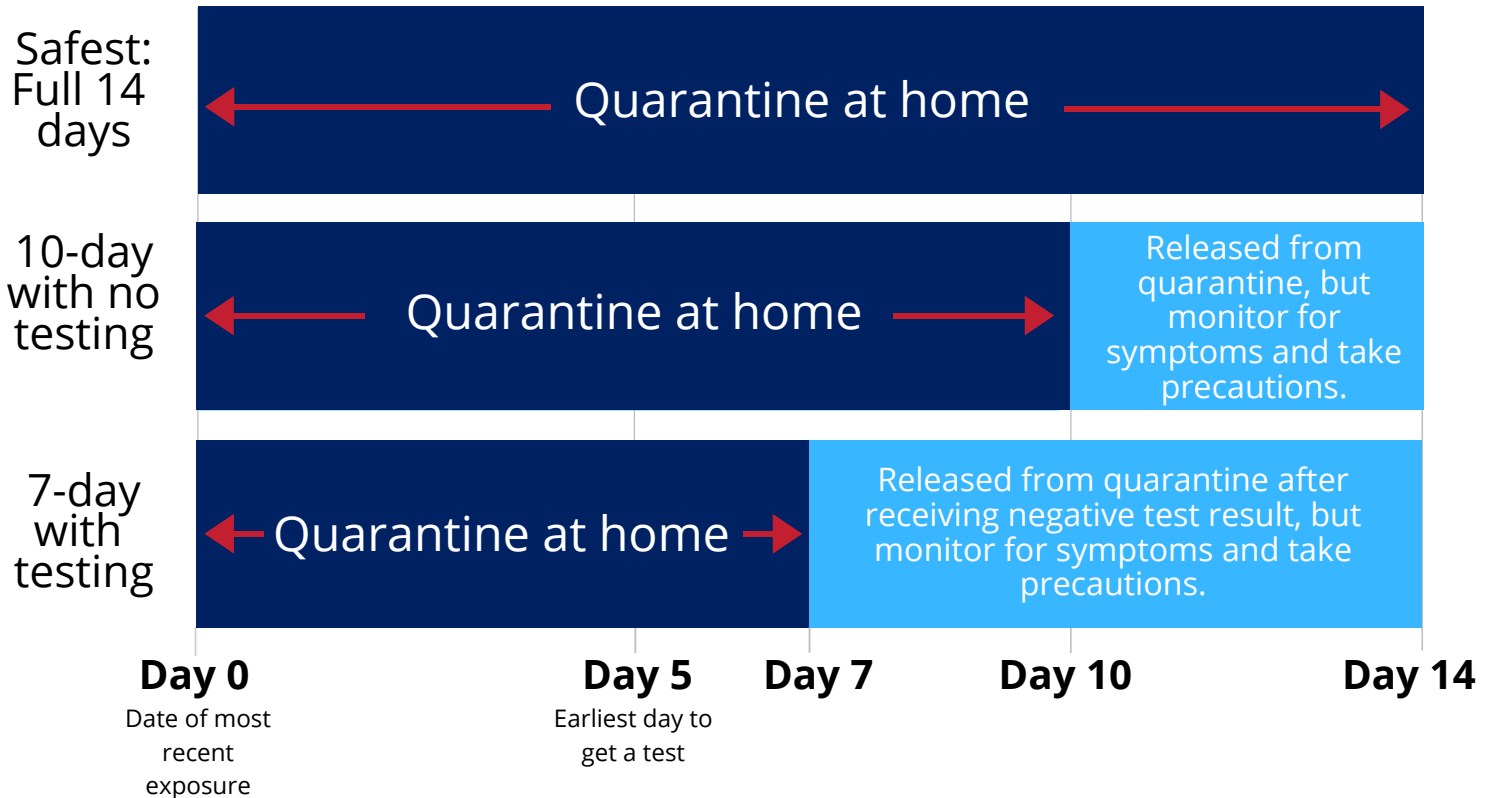


For immediate sheltering needs for people who are homeless or displaced or cannot safely quarantine at home, please call (501) 661-2136.
For all other issues, contact the ADH call center at (800) 803-7847.

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Quarantine for people with no symptoms



**If symptoms develop, isolate and get tested.*

Calculating length of quarantine



- 14-day:** If you were exposed at **noon on Dec. 1**, you can be released from quarantine at **noon on Dec. 15**.
- 10-day:** If you were exposed at **2 p.m. on Dec. 3**, you can be released from quarantine at **2 p.m. on Dec. 13**.
- 7-day with testing:** If you were exposed at **9 a.m. on Dec. 5**, you can get tested after **9 a.m. on Dec. 10**. If the test is negative, you can be released from quarantine at **9 a.m. on Dec. 12**.