



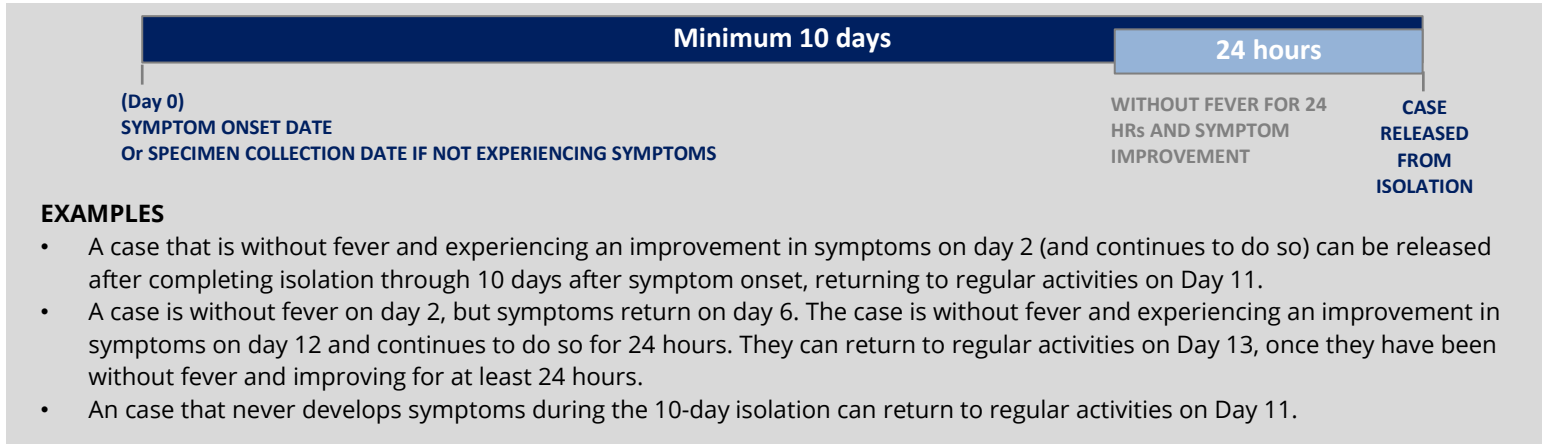
## CASES

**Isolate for a minimum of 10 days after illness onset. Release from isolation when without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms. Some severely ill patients will need to isolate for at least 20 days.**

**Cases without symptoms must be isolated through 10 days after their specimen collection date.**

Notes:

- Lingering cough should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.
- If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.



**PREVIOUS CASES:** Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to quarantine.

- Had COVID-19 within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (e.g., cough, shortness of breath)

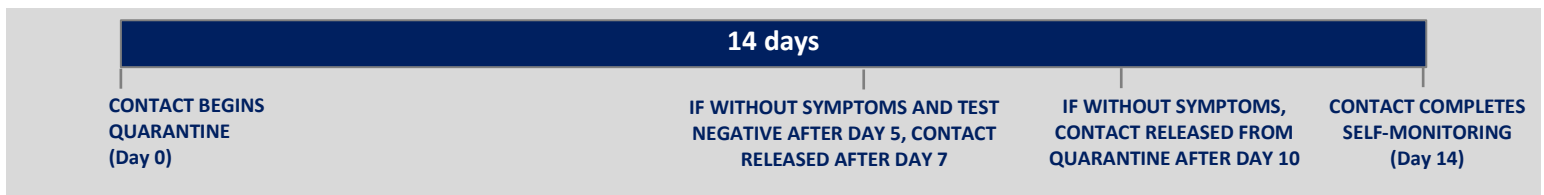
## NON-HOUSEHOLD CONTACTS

**Non-household contacts must be quarantined after exposure\* to a case, regardless of whether the case was symptomatic. TDH and CDC recommend a 14-day quarantine. CDC has proposed two alternative (but less effective) options to a 14-day quarantine:**

- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test collected after Day 5. Persons must be responsible for securing verification of a negative test results if using this quarantine release option.

**Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond your quarantine period.**

\*Exposure means contact with a case during the time period **beginning two days prior to case’s symptom onset** (or specimen collection date if case never experiences symptoms) through the end of the case’s isolation period.





# HOUSEHOLD CONTACTS

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts must be quarantined after exposure to a case, regardless of whether the case is symptomatic.

## When does quarantine start?

Household contacts must quarantine as long as they are exposed to the case, and for a 7-14 day period beyond their last exposure.

If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with household members.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning.

If the contact cannot separate from the case within the home, the contact must quarantine for the case's (minimum) 10-day isolation period plus an additional 7-14 days.

## When does quarantine end?

Once exposure is no longer occurring (either the case has completed their 10-day isolation or the case and contact have separated within the home), then quarantine can end:

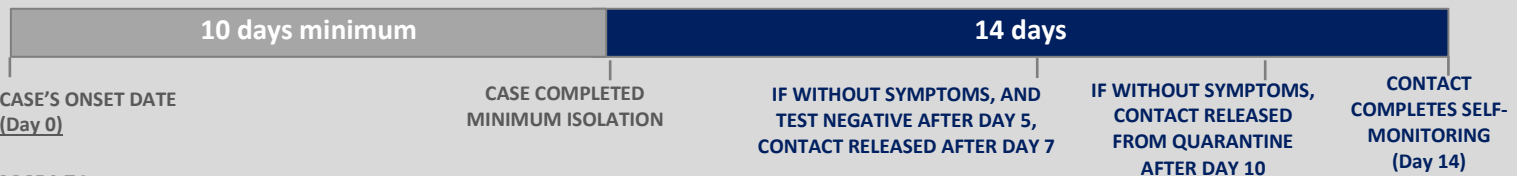
- after Day 14, as recommended by TDH and CDC
- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test after Day 5.

Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond the quarantine period.

**If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.**

### Notes:

- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 10-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.



### EXAMPLES

- A case is without fever and experiencing an improvement in symptoms 2 days after symptom onset and continues to do so for 24 hours. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without symptoms. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without fever and experiencing an improvement in symptoms 12 days after symptom onset and continues to do so for 24 hours (day 13). The household contact must quarantine during the case's 13-day isolation period and must remain quarantined through 10 days after the case's isolation period ends (23 days total). The household contact can return to regular activities on Day 24.
- A case is able to isolate within the home. The household contact has no close contact with the case since they isolated. The household contact must quarantine through 10 days after last contact with the case. The household contact can return to regular activities Day 11 after last contact with the case.
- A household contact develops cough and fever during quarantine. They must now begin isolation as a case.