WASHBURN COUNTY PUBLIC HEALTH
prevent • promote • protect

Quarantine Instructions:
Close Contacts of COVID-19 Cases

Who is a "close contact" of someone with COVID-19?

You are a "close contact" if **ANY** of the following situations happened while you spent time with the person with COVID-19:

♦ Had direct physical contact with the person

♦ Were within 6 feet of the person for 15 minutes or more throughout the day

♦ Had contact with the person's respiratory secretions (i.e. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)

♦ Stayed overnight for at least one night in a household with the person

Someone who is sick with COVID-19 can spread it two days before showing symptoms

Not everyone with COVID-19 will have symptoms, but they may still spread it to others

If you are identified as a close contact:

♦ You should self-quarantine and self-monitor for symptoms for **14 days after your last contact** with the positive case.

♦ You will not be able to attend any in-person activities outside of the house, including school and work, during the 14 day quarantine period.

How to quarantine at home:

♦ **Stay as much as possible.** Avoiding contact with others is the best way to prevent spreading the infection.

♦ **Do not go to work or school—** if your health allows and you are able to work or complete schoolwork from home, you are still able to do that.

♦ **Avoid travel.**

♦ **Go out only if absolutely necessary —** you should only go into public for essential services, such as to see a doctor or get tested for COVID-19. You should postpone any nonessential medical appointments until quarantine is over. If you have any essential appointments scheduled during quarantine, call your doctor and discuss what should be done.

♦ **Wear a face covering when around others** — if you must leave home for an essential reason, you should wear a face covering. When in the home, wearing a face covering when around other household members will help protect others by preventing respiratory droplets from getting into the air.

♦ **All household members should practice good hand hygiene and clean high-touch surfaces often**.

♦ **Isolate yourself from other household members as much as possible.** If possible, you should not share a bedroom, bathroom, or common areas with other household members. If your house has only one bathroom, sanitize it thoroughly between uses.

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How to self-monitor for symptoms:

- ◆ **Check your temperature twice daily and monitor for symptoms such as:**
- ⇒ Cough
- ⇒ Shortness of breath
- ⇒ Fever
- ⇒ Chills
- ⇒ Vomiting
- ⇒ Sore throat
- ⇒ Runny nose
- ⇒ Muscle pain
- ⇒ Headache
- ⇒ Loss of smell or taste
- ⇒ Diarrhea

Instructions for COVID-19 testing of close contacts:

- ◆ You **are not** required to get tested to end a quarantine period as long as you do not develop any symptoms of COVID-19. If you would like to get tested, it is best to get tested on days 7-9 after exposure if you have not developed symptoms.
- ◆ **If you develop COVID-19 symptoms**, you are advised to seek testing. If you do not get tested after developing symptoms, you may have to quarantine for an additional 10 days from symptom onset in the absence of a negative test to rule out COVID-19 infection, depending on school and/or employer policy.
- ◆ If you **test negative**, your quarantine period **does not end early**. The virus can develop any time 2-14 days after last exposure. A negative test can only tell us that a person was not infected at the exact time of the test collection. It is possible to test negative and then develop symptoms and test positive later in the 14-day quarantine period.

Instructions for household members of close contacts:

- ◆ While you are in quarantine, other household members not identified as close contacts **do not** have to quarantine. They may continue to attend work and school.
- ◆ If you **develop symptoms** during quarantine, you should seek testing as soon as possible. Household members not isolating from you are advised to stay home while the test result is pending.
- ◆ Washburn County testing information can be found here: https://www.co.washburn.wi.us/news/public-health/Coronavirus-Outbreak

If you have questions about quarantine or testing OR if you develop symptoms, please contact the Washburn County Health Department at 715-635-4421.

Additional resources:

WI Dept. of Health Services "Diagnosed/Close Contact" guidance: https://www.dhs.wisconsin.gov/covid-19/diagnosed.htm

WI Dept. of Health Services Quarantine Release Times: https://www.dhs.wisconsin.gov/publications/p02634.pdf

Washburn County COVID-19 information: https://www.co.washburn.wi.us/news/public-health/Coronavirus-Outbreak

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