Close Contact Quarantine Guidelines

**Close Contact with a COVID-19 case**

**14-day quarantine begins**

**10 days without any symptoms**
- The Contact Tracing Team will release you from quarantine on the morning of Day 11.
- You must complete daily symptom monitoring for days 11–14 of your 14-day quarantine.
- Continue to be smart and do your part! Wear your face covering, practice social distancing, and wash your hands frequently.

**Symptoms develop within 10 days**
- Symptoms develop
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  - **PROBABLE CASE**
    - ONE of the following:
      - Cough
      - Shortness of breath
      - Difficulty breathing
      - New loss of sense of taste
      - New loss of sense of smell
    - OR
      - At least TWO of the following:
        - Fever (measured or subjective)
        - Chills
        - Muscle/body aches
        - Headache
        - Sore throat
        - Nausea or vomiting
        - Diarrhea
        - Fatigue
        - Runny nose or congestion
  - You must isolate for a minimum of 10 days from symptom onset.
  - COVID-19 testing is strongly encouraged.

- **SUSPECTED CASE**
  - ONE of the following:
    - Fever (measured or subjective)
    - Chills
    - Muscle/body aches
    - Headache
    - Sore throat
    - Nausea or vomiting
    - Diarrhea
    - Fatigue
    - Runny nose or congestion
  - You must complete your full 14 days of quarantine.
  - COVID-19 testing is strongly encouraged.

Clearance to end isolation must come from the local Health Department. They will contact you and provide a release date.