

# Huron County Public Health

**Prevent. Promote. Protect.**

## When to Quarantine

**Stay home if you might have COVID19**

### What is quarantine?

Quarantine helps prevent the spread of disease by keeping someone who might have been exposed to COVID-19 away from others before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

### Who needs to quarantine?

- Anyone who has had **close contact** with a positive COVID-19 case within 48 hours prior to the positive individual's onset of symptoms or the positive individual's testing date for asymptomatic individuals, until discontinuation of home isolation. **This excludes people who have had COVID-19 within the past 3 months.**

### What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more (cumulative);
- You provided care at home to someone who is sick with COVID-19;
- You had direct physical contact with the person (i.e. hugged or kissed them);
- You shared eating or drinking utensils with the person; **or**
- They sneezed, coughed, or somehow got respiratory droplets on you.

### When to start and end quarantine?

Quarantine begins on the date that you were last in contact with an individual who tested positive for COVID-19. HCPH has adjusted the quarantine period for individuals exposed to a positive COVID-19 individual to end **after Day 10 without testing and if no symptoms have been reported during daily monitoring.** This means Individuals who remain symptom free until the end of the day on **day 10** are now permitted by HCPH to resume normal activities the following day. However, after stopping quarantine, people should:

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

