

Do I Need to Quarantine? 1/11/2022

If you have been in [close contact](#) with someone who has COVID-19, **YES** you need to Quarantine. (**Exception:** Those who have received two Moderna or Pfizer vaccines or one Johnson & Johnson vaccine at least 2 weeks before exposure and are asymptomatic; or, if you have recovered from Covid 19 in the past 3 months and are asymptomatic)

What counts as [close contact](#)?

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

What Does Quarantine Mean?

Stay home and monitor your health

- In Kindergarten or older, stay home for 5 days after your last contact with a person who has COVID-19. Wear a well fitting mask (not cloth, or a bandanna, or a gaiter, or a mask with a valve) for day 6-10 of your exposure. If in daycare/preschool stay home for 10 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19 -Call your provider if you develop symptoms.
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

Do I Need a Covid Test?

You should obtain a covid test if:

- You were notified by the Department of Health Contact Tracing
- You were exposed and have developed symptoms of Covid 19
- You have symptoms of Covid 19 without known exposure