

QUARANTINE ADVISORY FOR CLOSE CONTACTS OR HOUSEHOLD

You have been identified as having close contact with a person or persons who have tested positive for novel coronavirus disease 2019 (COVID-19) when the person was known to be contagious.

What Counts as Close Contact?

- Being within 6 feet of someone who has COVID-19 for a *total of 15 minutes* or more (*e.g., three 5-minute exposures for a total of 15 minutes*).
- Being sneezed or coughed on or somehow got respiratory droplets on you.
- Had direct physical contact with the person (hugged or kissed them).
- Shared food, eating or drinking utensils, or other personal items.
- Providing care at home to someone who is sick with COVID-19.
- Sleeping in the same room though more than 6 feet apart for an extended period of time.

What do I Need to do?

Quarantine (Stay Home from Work, School and Other Public Places)

- Guidance for the new CDC COVID-19 Quarantine Options: See the attached KY Department for Public Health document or click this link:
<https://dnks20yxl1c2u.cloudfront.net/381d0fbb43b611527a8f1c329301ef51fd555fcf/New%20CDC%20Quarantine%20Guidelines%20in%20Plain%20Language.pdf>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
 - **Quarantine for 14 days;** recommended, especially if you are going to be around people who are high-risk for the virus: elderly, people with comorbidities, pregnant, or immunocompromised.
 - **Quarantine for 10 days** if you have no symptoms throughout the entire course of your quarantine.
 - **Quarantine for 7 days** if you have a negative COVID-19 test on or after Day 5 **AND** have no symptoms throughout the entire course of your quarantine.
- **Length of your quarantine** depends on when you were last exposed to the person with the virus.
 - If close contact with the COVID-19 patient cannot be avoided, your quarantine includes the patient's isolation (infectious) period **plus** one of the above quarantine timelines.
- **Vaccinated contacts** see quarantine recommendations for asymptomatic fully vaccinated contacts on page 2 of this document.

Separating Yourself from Others at Your Home for Their Safety

- Follow social distancing guidelines and stay at least 6 feet away from other people- especially individuals at higher risk of severe illness, like older adults and those of any age who have severe underlying health conditions.
- Do not have visitors.
- Stay in a separate room and use a separate bathroom, if possible. Wear a face mask if you must be in the same room.
- Wash your hands often with soap and water for at least 20 seconds. Clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid sharing food, drink, or other personal items.
- Clean and disinfect all surfaces that are touched often such as doorknobs, light switches, countertops, and phones.
- Postpone all non-essential medical appointments. For critical medical appointments call the healthcare provider ahead of time and tell them that you are in quarantine.
- For emergencies, call 911 and notify the dispatch personnel that you are in quarantine.

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Monitoring Your Health

- Watch for *fever, chills, cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, congestion, sore throat, nausea, vomiting, or diarrhea.*
- Symptoms may appear 2 to 14 days after your last contact with a positive case.
- **If you start showing symptoms you need to get tested and stay in quarantine until 14 days are over from the day of the exposure. If you test positive the health department will reach out to you.**

Recommendations for Asymptomatic Fully Vaccinated Close Contacts

While COVID-19 vaccines have been proven effective at preventing severe and symptomatic illness, there is currently limited information on how much the vaccines might reduce transmission and how long protection lasts. In addition, the effectiveness of the vaccines against COVID-19 variants is not known. At this time, vaccinated contacts should continue to protect themselves and others by wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, washing hands often, following travel guidance, and following workplace or school guidance.

Contacts who have received a full series of an approved COVID-19 vaccination **AND** remain asymptomatic after exposure are not required to quarantine if their exposure is more than 14 days from their final dose of the COVID-19 vaccine. Fully vaccinated contacts who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should quarantine and contact their healthcare provider.

<https://chfs.ky.gov/agencies/dph/covid19/QuarantineofVaccinatedPersonsGuidance.pdf>

Additional Recommendations for Asymptomatic Fully Vaccinated Close Contacts who are Healthcare Workers, Patients/Residents in Healthcare Settings, or in Group Settings:

Full guidance is available in the links below

➤ **Healthcare personnel**

Fully vaccinated Healthcare personnel with exposure to someone with suspected or confirmed COVID-19 and who are asymptomatic do not need to be restricted from work for 14 days following their exposure. Consider if immunocompromised or exposure from travel.

➤ **Patients and residents in healthcare settings**

Fully vaccinated inpatients and residents in healthcare settings should quarantine 14 days following an exposure to someone with suspected or confirmed COVID-19. Although not preferred, healthcare facilities could consider waiving quarantine for vaccinated patients and residents as a strategy to mitigate critical issues (e.g., lack of space, staff, or PPE to safely care for exposed patients or residents) when other options are unsuccessful or unavailable. These decisions should be made in consultation with public health officials and infection control experts.

➤ **Group settings**

Fully vaccinated individuals who live in a group setting (like a correctional or detention facility or group home) should quarantine for 14 days and be tested following an exposure to someone with suspected or confirmed COVID-19.

Click links for CDC Updated Guidance below:

Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

Strategies to Mitigate Healthcare Personnel Staffing Shortages

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>

Contact Southern KY 211 or Barren River District Health Department at 270-781-8039

If you need help getting medications, food or for questions during your quarantine.