

## Quarantine Guidance for Close Contacts of a Person with COVID-19\*

Revised January 27, 2022 — Additional updates may occur as CDC finalizes its recent guidance.

**Quarantine** is for people who were close contacts to someone with COVID-19 but haven't yet developed any symptoms of COVID-19\*\* themselves. It prevents the spread of COVID-19 by asking people who *might* be infected to stay away from others until enough time has passed to be sure they don't have COVID-19.

You are a **close contact** if you were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period**, regardless of whether masks were worn, and **might** need to **quarantine** at home for **at least 5 days** following your last exposure.

Whether you need to **quarantine** and for how long depends on your COVID-19 vaccination status, recent infection history, and ability to wear a mask.

Follow the **Quarantine Flow Chart** on the back of this page to determine if you need to **quarantine**.

If you are in **quarantine** you should:

- **Stay home and away from others** for at least 5 days following your last exposure. Do not travel during this time.
- **Get a PCR or antigen test** at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#). You may travel after 5 full days following your last exposure if your test is negative and you do not have any symptoms\*\*.
- **For 10 days following your last exposure:**
  - **Avoid those at higher risk** for getting very sick from COVID-19.
  - **Wear a well-fitting mask** when around others. You should not do things or go to places where you are unable to wear a mask (e.g., eating with others, going to restaurants, gyms, etc.).
  - **Monitor yourself for symptoms** consistent with COVID-19\*\*. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).
  - **Do not travel** if you did not get tested at least 5 days after your last exposure.
- **If you cannot wear a mask**, quarantine for 10 days following your last exposure. You may end quarantine early after 7 days if you received a negative test between days 5–7.

Even if you don't need to **quarantine** you should:

- **Get a PCR or antigen test** at least 5 days after your last exposure. If you test positive, follow the [isolation guidelines](#).
- **Wear a well-fitting mask** when around others for 10 days after your last exposure.
- **Monitor yourself for symptoms** consistent with COVID-19\*\* for 10 days after your last exposure. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow [isolation guidelines](#).

Regardless of whether you need to **quarantine**, if you develop **any symptoms consistent with COVID-19\*\*** in the 10 days following your last exposure, you need to:

- **Isolate** away from other people.
- **Get a COVID-19 PCR or antigen test**. This can be done at a healthcare facility, testing event, or at home. Call 2-1-1 to find a testing site.
- **Follow the COVID-19 Home Isolation Guidance** at: [www.Maricopa.gov/COVIDisolation](http://www.Maricopa.gov/COVIDisolation)

\*This **Quarantine** guidance applies to most people under most circumstances. However, there are return-to-work guidelines for **Healthcare Personnel** and other **Essential Workers**:

- **Healthcare Personnel** should follow CDC's [Interim Guidance for Managing Healthcare Personnel](#) at [www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html).
- **Other Essential Workers** should follow the [Essential Worker Quarantine Guidance](#) at [www.Maricopa.gov/COVID19essentialworkers](http://www.Maricopa.gov/COVID19essentialworkers).

\*\*Symptoms of COVID-19 can range from mild to severe illness and may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Headache
- Fatigue (not as sole symptom in school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Check the [CDC website](#) for the latest list of COVID-19 symptoms.

# COVID-19 Home Quarantine Guidance Flow Chart

Revised January 27, 2022 — Additional updates may occur as CDC formalizes its latest guidance.

**- START HERE -**

Do you have any symptoms consistent with COVID-19<sup>1</sup> or have you tested POSITIVE for COVID-19?

**1. Symptoms of COVID-19** can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:

- Cough
- Fever or chills
- Nausea or vomiting, diarrhea
- Fatigue (not as sole symptom in school setting)
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- New loss of taste or smell.
- Headache
- Congestion or runny nose

**YES, I have symptoms<sup>1</sup> or tested POSITIVE.**

You are subject to ISOLATION. See the guideline at: [www.Maricopa.gov/COVIDisolation](http://www.Maricopa.gov/COVIDisolation)

**NO, I have no symptoms.<sup>1</sup>**

Are you a close-contact<sup>2</sup> of someone with COVID-19?

**2. Close Contacts** are people who were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether masks were worn. [Exception: in the K-12 setting, a student who was within 3-6 feet of an infected student is not considered a close contact if both students were engaged in consistent and correct use of well-fitting masks at all times. This exception does not apply to teachers, staff or other adults in the classroom setting.]

**3. Previous COVID-19 infection** means you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period within the last 90 days.

**YES, I am a close-contact.<sup>2</sup>**

Did you have and recover from COVID-19 in the past 90 days?<sup>3</sup>

**NO, I am not a close-contact.<sup>2</sup>**

No quarantine necessary.

Re-evaluate if you are exposed later to someone with COVID-19 or if symptoms appear.

**4. Up-to-Date with COVID Vaccinations** means a person has completed all recommended COVID-19 vaccines that they are eligible to receive. As of 1/6/22, a person is Up-to-Date with their COVID vaccinations if they are:

- 18 years of age or older and have completed a Primary Series and received a Booster dose when eligible.
- 5-17 years of age and have completed a Primary Series of COVID vaccine.

Is your Primary Series of COVID vaccinations complete? For most people, you've completed a Primary Series if you have received any of the following:

- One (1) dose of the J&J vaccine, or
- Two (2) doses of the Moderna vaccine separated by at least 28 days, or
- Two (2) doses of the Pfizer vaccine separated by at least 21 days.

For people who are moderately or severely immunocompromised, the Primary Series includes either:

- One dose of the J&J vaccine, or
- Two doses of the Moderna or Pfizer vaccines as described above plus an additional third dose of Moderna or Pfizer at least 28 days later.

Note: children ages 0-4 are not eligible for any COVID vaccination at this time.

**Have you been Boosted?** You have been Boosted if you completed your Primary Series (described above) and received an additional dose of a COVID vaccine (Pfizer and Moderna are preferred in most situations). Timing of the Booster dose depends on which vaccine you received for your Primary Series. If yours was with:

- **J&J vaccine** - the Booster should have been received at least 2 months after the last dose of J&J in your primary series.
- **Moderna vaccines** - the Booster should have been received at least 5 months after the last dose of Moderna in your primary series.
- **Pfizer vaccines** - the Booster should have been received at least 5 months after the last dose of Pfizer in your primary series.

Note: children ages 12-17 may receive only the Pfizer vaccine as a Booster. Children ages 5-11 are not eligible for a Booster dose at this time.

**YES, I had and recovered from COVID-19 in the past 90 days.<sup>3</sup>**

No quarantine necessary.

Wear a mask around others until it has been 10 full days since your last exposure. Re-evaluate if symptoms appear.

**NO, I have not had COVID-19 in the past 90 days.<sup>3</sup>**

Are you Up-to-Date with all recommended COVID vaccinations based on your age and medical conditions?<sup>4</sup>

**5. Essential Workers** may be permitted to work during quarantine if they:

- Work in a critical infrastructure sector, and are deemed by their employer to be essential,
- and remain without symptoms throughout the entire 10-day quarantine period,
- and wear a highly-protective mask or respirator at all times when in a room with others for the entire 10-day quarantine period.

For details, see the **Critical Infrastructure Employee Exception** at: [www.Maricopa.gov/COVID19/EssentialWorkers](http://www.Maricopa.gov/COVID19/EssentialWorkers)

**YES, I'm Up-to-Date.<sup>4</sup>**

No quarantine necessary.

Wear a mask around others until it has been 10 full days since your last exposure. Get tested at least 5 days after your last exposure.<sup>6</sup> Re-evaluate if test result is positive or if symptoms appear.

**NO, I'm not Up-to-Date.<sup>4</sup>**

QUARANTINE<sup>5</sup> for at least 5 days

after your last exposure, then get tested on or after day 5<sup>6</sup>

Did you get a PCR or Antigen test for COVID-19<sup>7</sup> and do you know your result?



Maricopa County Public Health  
WeArePublicHealth.org

**NO, I am untested, or YES, awaiting result, or YES, NEGATIVE result.**

Are you able to wear a mask for 5 more days when around others?

**YES, POSITIVE result.**

You are subject to ISOLATION.

See the guideline at: [www.Maricopa.gov/COVIDisolation](http://www.Maricopa.gov/COVIDisolation)

**6. Long Term Care Facilities** should follow CMS/MCDPH testing guidance for exposed residents.

**7. PCR or Antigen tests for COVID-19** generally require a nose or throat swab or saliva sample. If you received a blood test, this was not a PCR or Antigen test, and you should follow the instructions for "NO, I am untested" at right.

**YES, I am able to wear a mask.**

QUARANTINE<sup>5</sup> may end 5 days following your last exposure if you continue to wear a mask around others until it has been 10 full days since your last exposure. Re-evaluate if you test POSITIVE or symptoms appear.

**NO, I am unable to wear a mask.**

Continue QUARANTINE<sup>5</sup> until it has been 10 full days since your last exposure. [You may end quarantine after 7 full days if you test negative between days 5-7.] Re-evaluate if you test POSITIVE or symptoms appear.