

I Was Exposed to Someone with COVID-19 and Need to Quarantine

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close with someone with COVID-19 apart from others.

Close contact includes:

- Living with or caring for a person with confirmed COVID-19, **OR**
- Being within six feet of a person with confirmed COVID-19 for about 15 minutes), **OR**
- Someone with COVID-19 coughing on you, kissing you, sharing utensils with you or you had direct contact with their body secretions.

Quarantine Guidelines

If you:	Then:
<ul style="list-style-type: none">• Are up to date on COVID-19 vaccinations <p>OR</p> <ul style="list-style-type: none">• Tested positive for COVID-19 within the last 90 days (not using an at-home test)	<ul style="list-style-type: none">• Wear a mask around others for 10 days following the date of your last contact.• Test on day 5, if possible. <p><i>If you develop symptoms, get tested and stay home.</i></p>
<ul style="list-style-type: none">• Are NOT up to date on COVID-19 vaccinations	<ul style="list-style-type: none">• Stay home and wear a mask around others for 5 days following your last contact with a person with COVID-19.• You may leave your home and wear a mask around others for an additional 5 days.• If you can't quarantine, you must wear a mask around others for 10 days.• Test on day 5, if possible. <p><i>If you develop symptoms, get tested and stay home.</i></p>
<ul style="list-style-type: none">• Are under 2 years of age <p>OR</p> <ul style="list-style-type: none">• Unable to safely mask <p>OR</p> <ul style="list-style-type: none">• Decline to wear a mask	<ul style="list-style-type: none">• Stay home for 10 days following your last date of contact with someone with COVID-19. <p><i>If you develop symptoms, get tested and stay home.</i></p>

**Please see the back of this page for directions on how to quarantine and the definition of up to date on COVID-19 vaccines.*

How to Quarantine if You Have Been Exposed to Someone with COVID-19

- Stay home from work, school, daycare, public areas, and activities. If you need to leave for food, medications or other necessities, wear a mask.
- Separate yourself from other people and animals in your home.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4 or higher), cough, shortness of breath or other [COVID-19 symptoms](#).
- If you develop symptoms, isolate and get tested.
- Avoid sharing household items such as dishes, towels or bedding with other people in your home.
- Do not travel during your 5 day quarantine period.
- Wash your hands often.
- If you have a thermometer, take your temperature in the morning and night.
- If you develop emergency symptoms such as difficulty breathing, call 911.

Definition of Up to Date on COVID-19 Vaccines

Up to date means that an individual has received all of the vaccine doses that they are currently eligible for. Specifically:

- Age 12 and older and have completed the primary series and received a booster.
 - Primary series is defined as 2 doses of Pfizer or Moderna or 1 dose of J&J.
- Age 12 and older and have completed the primary series, but have not reached the time when eligible for a booster (5 months after the 2nd dose of Pfizer or Moderna and 2 months for J&J).
- Age 5-11 and have completed the primary series.
- Age 5-11 and immunocompromised and have completed the primary series and received a booster.

**Pfizer is the only vaccine authorized for those age 5-17.



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