

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

Revised June 22, 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**:

- **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).

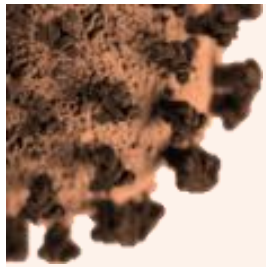
\*\*Symptoms of COVID-19 can range from mild to severe illness and may include:

- 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 June 10, 2022 Additional updates may occur as CDC formalizes its latest guidance.



**- START HERE -**  
Do you have any symptoms consistent with COVID-19 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                                           | Shortness of breath or difficulty breathing | New loss of taste or smell. |
| Fever or chills                                 | Muscle or body aches                        | Headache                    |
| Nausea or vomiting, diarrhea                    | Sore throat                                 | Congestion or runny nose    |
| Fatigue (not as sole symptom in school setting) |                                             |                             |

**YES, I have symptoms 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?

**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 6/21/22, a person is Up-to-Date with their COVID vaccinations if they are:

- 50 years of age or older and have completed a Primary Series and received 2 Booster doses when eligible.
- 5-50 years of age and have completed a Primary Series and received 1 or 2 Booster doses when eligible.
- 6 months—4 years of age and have completed a Primary Series.

**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 symptom 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 vaccination based on your age and medical conditions?<sup>4</sup>

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 (5 years+).
- Three (3) doses of the Pfizer vaccine separated by at least 21 days (6m—4y).

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 0-5 months 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 1 or 2 additional doses 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/Pfizer vaccines - the 1st Booster should have been received at least 5 months after the last dose in your primary series and the 2nd Booster should have been received 4 months after the 1st Booster
- Note: children ages 5-17 may receive only the Pfizer vaccine as a Booster.

**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. Re-evaluate if test result is positive or if symptoms appear.

**NO, I'm not Up-to-Date.<sup>4</sup>**  
QUARANTINE for at least 5 days after your last exposure, then get tested on or after day 5.  
Did you get a PCR or Antigen test for COVID-19 and do you know your result?

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

6. 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.



**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)

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