Quarantine FAQ

You are being asked to quarantine so we want to share with you some further information.

Why is quarantine important?

Quarantine is used to keep someone with a possible exposure from COVID-19 away from others to decrease the risk of spread. A person can spread the disease before they feel sick or have symptoms. Since you have been in close contact with someone who has COVID-19 it is especially important for you to quarantine.

Employee Occupational Health and Wellness (EOHW) will help you determine if you need to quarantine.

What is close contact?

This is defined as being exposed to a COVID positive person while they were infectious. A COVID positive person is infectious from 48 hours *prior* to symptom onset through at least 10 days after symptom onset. Close contact is being within 6 feet for more than 15 minutes. Living in the same home as COVID positive person is especially high risk. Wearing a surgical mask or cloth face covering lowers exposure risk.

How do I quarantine?

- Stay home – do not go to work, school, or other public places such as a grocery store.
- You should leave your home ONLY if you need to seek medical care.
- Do not allow visitors into your home.
- **SEPARATE YOURSELF** from others in your home:
    - Stay in a specific room away from other household members.
    - If possible, use a separate bathroom from other household members.
    - If you need to leave your quarantine room, practice social distancing and wear a mask/face covering in your home to protect other members. Other household members should also wear a mask.
    - Do not prepare or serve food for other household members.
    - Clean and disinfect common surfaces you touch promptly – countertops, doorknobs, bathroom fixtures, etc.
    - Wash your hands often, especially after coughing, sneezing, or blowing your nose.

How long do I need to quarantine?

You need to stay in quarantine for at least 7 **days** after the date **you last had close contact** with the COVID positive person if you meet these criteria:

- you have **a negative PCR test* within 48 hours** before the end of quarantine after day 7 **(day 5 or 6 after exposure)**
- you must remain asymptomatic
- you continue monitoring your symptoms for full 14 days following last exposure**.**

Thus, separation of yourself from any infected household member is especially important because continued exposure to an infected household member will extend your time in quarantine.

*If testing is not available then you need to stay in quarantine for 10 days after the date you last had close contact with the COVID positive person and remain asymptomatic and monitor symptoms for full 14 days following last exposure.

What symptoms should I monitor while in quarantine?

Monitor twice a day for symptoms, including: fever (temperature >100.4), sore throat, runny nose, cough, shortness of breath, chest pain, loss of smell or taste, fatigue, headache, muscle aches, nausea/vomiting, or diarrhea. You should use the EOHW monitoring system to report your symptoms.

If you develop symptoms while in quarantine, please contact:

Duke Health COVID-19 Hotline: 919-385-0429, option 1 (8:00 am to 8:00 pm, seven days a week). For urgent concerns after hours, contact EOHW via the Blood and Body Fluid Exposure Emergency Hotline, 919-684-8115.