WARREN COUNTY HEALTH DISTRICT

416 South East Street – Lebanon, Ohio 45036

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Quarantine keeps someone who might have been exposed to the virus away from others.

Who needs to quarantine?

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months and/or individuals who are fully vaccinated and show no symptoms of Covid-19.

- People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.
- If you are fully vaccinated and you've been around someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
- People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (direct physical contact during sports, hugged or kissed them, were coughed on or sneezed on by the infected person)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take
Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4◦F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

When to start and end quarantine?
You should stay home for 14 days after your last contact with a person who has COVID-19.

For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

CDC and ODH recently released additional options for quarantine period (please see document titled ODH COVID 19 Quarantine guidance):

Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.

When diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

More questions?
- Contact the Warren County Health District at 513-695-1228.