

## Quarantine Guidance for Household and Close Contacts (Updated 7/31/20)

If you **live in the same home** or **were in close contact (within 6 feet for longer than 10 minutes)** with someone with COVID-19, you should **stay at home and quarantine**. **This means you should:**

- **Separate yourself from the ill person (people) in the home**, if you live with the person with COVID-19.
- **Stay at home for 14 days after your last contact with the person with COVID-19**, except to get essential medical care, prescriptions, and food. This includes:
  - **Not going to work (unless you work in an essential service\* AND do not have any symptoms consistent with COVID-19<sup>1</sup>), school, or public areas**
    - **If you work in an essential service\* AND do not have any symptoms consistent with COVID-19<sup>1</sup>** and must go to work during the 14 days after your last contact with the person with COVID-19, **you must wear a cloth face mask** when you are within 6 feet of other people.
  - **Not using public transportation, rideshares, or taxis**
- **Wash your hands** and avoid touching your eyes, nose, and mouth AND cover your coughs and sneezes.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Call ahead** before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.
- **Monitor your temperature & symptoms** for 14 days after your last contact with the person with COVID-19.

**If you develop any symptoms consistent with COVID-19<sup>1</sup>** during the 14-day monitoring period, you should:

- 1) **Get tested for COVID-19** with a PCR or antigen test (swab test) at a healthcare facility or other testing site.
- 2) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19**, you should isolate at home until:
  - At least 10 days have passed since your symptoms first started **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.
- 3) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19 AND** are admitted to the **Intensive Care Unit (ICU) OR** you are **severely immunocompromised<sup>2</sup>**, you should isolate until:
  - At least 20 days have passed since your symptoms first started **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.
- 4) If you **test negative for COVID-19**, you should isolate at home until:
  - At least 14 days have passed since your last exposure to the person with COVID-19 **and**
  - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
  - Your other symptoms have improved.

\*Essential services are defined by [Governor Ducey's Executive Order](#)

<sup>1</sup>Symptoms consistent with COVID-19 include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, nausea or vomiting, or diarrhea.

<sup>2</sup>Severely immunocompromised means you have: been taking chemotherapy for cancer recently; HIV and a CD4 T-cell count <200; an immunodeficiency disorder; been taking high dose steroids (like 20 mg/day for >14 days); OR another condition that a healthcare provider has told you makes you severely immunocompromised.