



Coronavirus Disease 2019

Quarantine Following Possible COVID-19 Exposure

Public health recommendations for COVID-19 continue to evolve and are updated as new scientific evidence becomes available. On Dec. 2, 2020, the Centers for Disease Control and Prevention (CDC) released a [scientific brief](#) with considerations for reducing quarantine for people possibly exposed to COVID-19. The Ohio Department of Health (ODH) has modified this guidance to meet the specific needs of our state and considerations for local circumstances and resources.

Recommendations for quarantine adapted by ODH support efficient use of resources and a reduced risk of post-quarantine transmission. Healthcare facilities, in consultation with local health departments, may also consider [CDC's Strategies to Mitigate Healthcare Personnel Staffing Shortages](#).

ODH Recommended Options for Quarantine Following Possible COVID-19 Exposure

Note: People who have tested positive for COVID-19 do not need to quarantine or get tested again for 3 months, as long as they do not develop symptoms again.

	Duration of Quarantine	Recommended Actions
Optimal Duration to Minimize Risk of Transmission	<p>Stay at home for at least 14 days* after last exposure.</p> <p>* A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible.</p>	<p>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</p> <p>Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.)</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>
Reduced Duration 1	<p>Stay at home for at least 10 days after last exposure.</p>	<p>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</p> <p>Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.)</p> <p>Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10.</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>
Reduced Duration 2	<p>Negative test result for SARS-CoV-2 (the virus that causes COVID-19) from a sample collected on day five or later after last exposure AND stay at home for at least seven days after last exposure.</p>	<p>Maintain social distance (at least 6 feet) from others and wear a mask when around other people.</p> <p>Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.)</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>

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For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.