Quarantine means that you restrict your movement among people, stay home, and monitor for symptoms.

Close contact means:

- Spending 15 minutes or longer (cumulative within a 24-hour period) within 6 feet of a person who has COVID-19, the two days before they tested positive or developed symptoms and 10 days after their symptoms started.
- Caring for someone who is sick with COVID-19.
- Having direct physical contact with someone who has COVID-19 (such as a hug or kiss).
- Sharing utensils/dishes with someone who has COVID-19.
- Being sneezed or coughed on by someone with COVID-19.

If you are fully vaccinated and had a close contact

**Fully vaccinated means it has been two weeks since your final COVID-19 vaccine dose.**

- You do not need to quarantine unless you develop symptoms.
- However, fully vaccinated people should: 1) get tested 5-7 days after their exposure, even if they do not have symptoms and 2) wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- If you experience symptoms, you should start isolation and speak with a healthcare provider.

If you are not fully vaccinated and had a close contact

- You MUST self-quarantine even if you feel healthy or do not develop symptoms.
- Symptoms can develop anywhere from 2-14 days after exposure, and you could spread the virus to others at any time during that period.

How long do I need to self-quarantine?

- Preferred length of quarantine is for 14 days after last contact with the infected person.
- Day 1 of quarantine starts the day after your exposure to the infected person. See picture.
- If symptoms develop, immediately begin to self-isolate and plan to get tested. Contact your healthcare provider, if necessary. IF YOU HAVE NO SYMPTOMS, you may be able to shorten your
quarantine.

**Options for shortened quarantine:**

**Option #1:** Quarantine can end on Day 11, if you have had NO SYMPTOMS and you decide not to test. You must continue strict adherence to risk reduction strategies through day 14 including:

- Correct and consistent mask use
- Maintain physical distance of at least 6 feet
- Enhanced hand hygiene
- Avoid crowds
- Daily monitoring of symptoms

**Option #2:** Quarantine can end as early as Day 8 if you test negative by a PCR test on day 6 or later following your exposure. You must continue strict adherence to reduction strategies through day 14 including:

- Correct and consistent mask use
- Maintain physical distance of at least 6 feet
- Enhanced hand hygiene
- Avoid crowds
- Daily monitoring of symptoms

If you test positive during quarantine, you will need to isolate for ten days from the positive test, or 10 days from when symptoms began. Follow isolation guidelines.

If you develop symptoms during quarantine, and you do not get tested, you will need to isolate for 10 days from when symptoms began and follow isolation guidelines.

If you develop symptoms during quarantine, and then test negative, you will need to quarantine until: 1) the above conditions are met and 2) at least 24 hours have passed since last fever without the use of medicine and 3) other symptoms have improved.

**How to self-quarantine:**

- Stay home except to get medical care and if possible, separate yourself from others especially those who have COVID-19. Stay in your own separate room.
- Monitor for symptoms daily while in quarantine – see below.
- Do not use taxis, rideshares or public transportation during quarantine.
- Do not invite visitors, friends, or family to your home. Ask friends or family to drop off groceries and supplies or use a delivery service. Do not invite visitors, friends, or family inside your home. Do not contact people at the front door either.
- Remember, if there has been additional close contact with someone who has COVID-19 during quarantine, the quarantine period starts over.
- Avoid close contact with other people living in your home, even if they must quarantine too. Staying away from each other can prevent the spread of COVID-19.
- If several people are under quarantine in the same household, there is an ongoing risk of transmission if someone tests positive, which could extend your quarantine.

**Other Helpful Hints:**

- Wear a mask when using shared spaces.
- When using the common areas stagger schedules to avoid infection.
- Wipe down high touch surfaces with a cleaner that kills COVID-19.
- Opening a window even 1” in common areas can improve ventilation.
- Use a separate bathroom/toilet if possible.
• Do not share utensils, towels, bedding, pillows, plates, electronics with other people.
• Wash all used dishes/utensils with soap and water or use a dishwasher.

Monitor for Symptoms Daily
Monitor and get tested if you experience any of these symptoms:
• Fever or chills
• Cough
• Shortness of breath or difficulty breathing
• Fatigue
• Muscle or body aches
• Headache
• New loss of taste or smell
• Sore throat
• Congestion or runny nose (cold- or allergy-like symptoms)
• Nausea or vomiting
• Diarrhea

These symptoms require immediate medical attention:
If you experience a medical emergency call 911. Inform them you are quarantining for COVID-19 and put on a facemask before they arrive.
• Trouble breathing
• Persistent pain or pressure in chest
• New confusion
• Inability to wake or stay awake
• Bluish lips or face

COVID-19 Vaccinations
• The CDC recommends COVID-19 vaccination even if you have had COVID-19.
• The CDC states you can get vaccinated when you complete your isolation period for COVID-19.
• If you have had antibody treatment or convalescent plasma, the CDC recommends waiting for 90 days from treatment before getting vaccinated.
• Please contact Campus Health Services or your healthcare provider if you have questions or concerns about vaccinations.

Resources:

NAU Jacks Are Back “COVID-19 Response Information:
https://nau.edu/jacks-are-back/

NAU Campus Health Services Covid Information:
https://in.nau.edu/campus-health-services/

CDC “When to Quarantine”:

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