

How to Quarantine



Your child is a close contact of a person who has tested positive for COVID-19. For this reason, your child should quarantine. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. This helps lower the chance of spreading COVID-19. People in quarantine should stay home, separate themselves from others, and monitor their health.

Per the CDC, a <u>close contact</u> is "Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated."

Complete the Quarantine Period

The quarantine period starts the day your child was last

exposed to the COVID-19 positive person. **Your child should quarantine even if they feel healthy.** A person can have COVID-19 without feeling sick or having any symptoms, and can still spread it to others.

The CDC notes that a 14-day quarantine is the most protective. However, the CDC recognizes that in some circumstances a 14-day quarantine can cause financial hardship and personal burdens that may affect physical and mental health. The CDC and Austin Public Health provide options for a shorter quarantine in some cases. See the <u>How Long to Quarantine</u> flowchart about those options.

What a Person in Quarantine Should Do

- Stay home after exposure to a person who has COVID-19.
 - Children should not go to school or to child care in person.
 - Do not go to sports practices, games, lessons, or other activities.
- Stay home unless you absolutely need to travel outside your home. If you must leave home:
 - \circ $\,$ Wear a face covering that covers your nose and mouth
 - Limit contact with others
 - Stay 6 feet away from others
 - Avoid going places where there are many people such as stores and movie theaters
- Do not have visitors in your home.
- Stay away from others, especially people who are at <u>higher risk</u> for getting very sick from COVID-19, if you can.
- Watch for signs and symptoms of COVID-19 for a full 14 days.
 - <u>Symptoms</u> include fever (100.0°F or higher), chills, cough, sore throat, shortness of breath, trouble breathing, fatigue, headache, congestion or runny nose, muscle or body aches, new loss of taste or smell, nausea or vomiting, diarrhea.
 - If you have <u>emergency warning signs</u> like trouble breathing or chest pain, get emergency medical care immediately.
- Consult with your healthcare provider and visit the CDC website (<u>www.cdc.gov/coronavirus</u>) to learn more about COVID-19 and <u>quarantine</u>.
- Find out about free lodging for those who cannot safely self-isolate due to COVID-19 <u>here</u> under the heading "Isolation Facility."

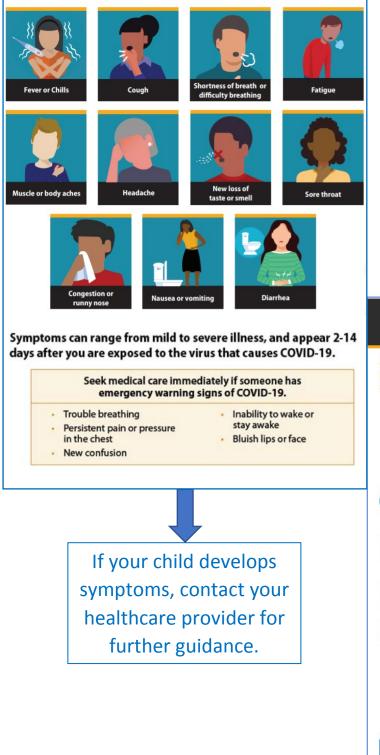


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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



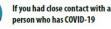
Anyone who has been identified as a close contact of someone with COVID-19 must guarantine, with the exception of people who:

- are <u>fully vaccinated against</u> COVID-19 and have no symptoms or who
- have tested positive for COVID-19 within the past 3 months, recovered, and have no symptoms

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.





· Stay home until 14 days after your last contact.





Check your temperature twice a day

If possible, stay away from people who

and watch for symptoms of COVID-19.

are at higher-risk for getting very sick from COVID-19.





If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19

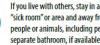
Stay home until after

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication and
- Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms



- 10 days have passed since your positive test



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