

# Updated COVID-19 Quarantine Guidelines

## Who needs to quarantine?

People who have been in **close contact** with someone who has COVID-19 **while they were infectious**—excluding people who have had COVID-19 within the past 90 days.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days as long as they do not develop symptoms. People who develop symptoms within 90 days of their first bout of COVID-19 may need to be tested 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 15 minutes or more over the course of a day
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (handshake, hug, kiss, etc.)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### Household Contacts of Positive Cases:

If someone who lives in your household gets sick or is diagnosed with COVID-19 and is unable to separate from others, all well members of your household need to quarantine from the date the last person recovered from their illness. Quarantine is intended to physically separate a person exposed to COVID-19 from others. Thus, when housing is shared, every effort should be made to physically separate.

## Quarantine Guidelines

**14-Day Quarantine:** The CDC and Wisconsin Department of Health Services recommends a quarantine period of 14 days as the safest and preferred option to ensure a close contact does not return to work or school prematurely.

**Steps to Take: *Without Testing***  
***No Symptoms***

*A person should self-quarantine for 14 days and monitor themselves.*

### Stay home and monitor your health

- Stay home for **14 days** after your last contact with a person who has COVID-19. The date of your last contact is considered day 0 of the quarantine period.
- 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.

## OPTIONS TO REDUCE QUARANTINE:

**Schools, childcare facilities, businesses, organizations, municipalities, and other establishments have the option of considering the following to reduce the length of quarantine to less than 14 days.**

### 10-Day Quarantine

**Steps to Take: *Without Testing***  
***No Symptoms***

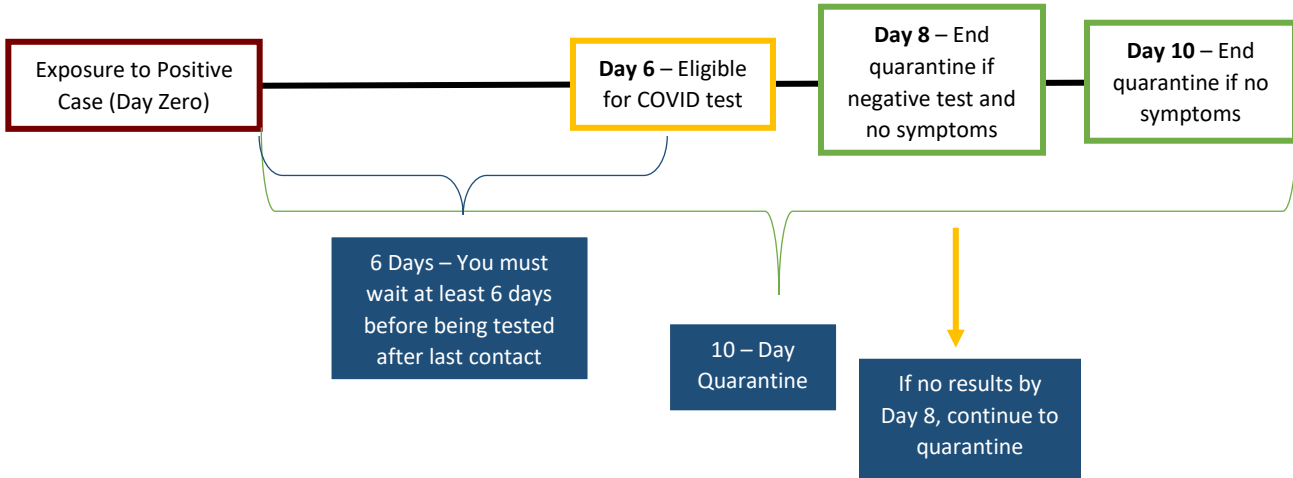
### Stay home and monitor your health

- Stay home for **10 days** after your last contact with a person who has COVID-19. The date of your last contact is considered day 0 of the quarantine period.

<p><i>Without a test, a person should self-quarantine for 10 days, and monitor themselves an additional four days for symptoms.</i></p>	<ul style="list-style-type: none"> <li>• Watch for fever (100.4°F), cough, shortness of breath, or <a href="#">other symptoms</a> of COVID-19 for the full 14 days.</li> <li>• If possible, stay away from others, especially people who are at <a href="#">higher risk</a> for getting very sick from COVID-19.</li> </ul>
<p><b>7-10 Day Quarantine</b></p>	
<p><b>Steps to Take: With Testing No Symptoms</b></p> <p><i>A person can end a self-quarantine on Day 8 day from exposure if they test negative and have no symptoms.</i></p> <p><i>Continue to monitor for symptoms for an additional 6 days.</i></p>	<p><b>Stay home and monitor your health</b></p> <ul style="list-style-type: none"> <li>• Stay home for at least <b>7 days</b> after your last contact with a person who has COVID-19. The date of your last contact is considered day 0 of your quarantine.</li> <li>• <b>Get tested with an FDA approved COVID-19 test (antigen or PCR) no sooner than day 6 of your quarantine. Remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, you may end your quarantine after Day 7. Your school or employer may require documentation of your negative COVID-19 test result. <a href="#">TestUp MKE</a> has a list of current COVID-19 testing providers in the Milwaukee Area.</b></li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or <a href="#">other symptoms</a> of COVID-19</li> <li>• If possible, stay away from others, especially people who are at <a href="#">higher risk</a> for getting very sick from COVID-19.</li> </ul>

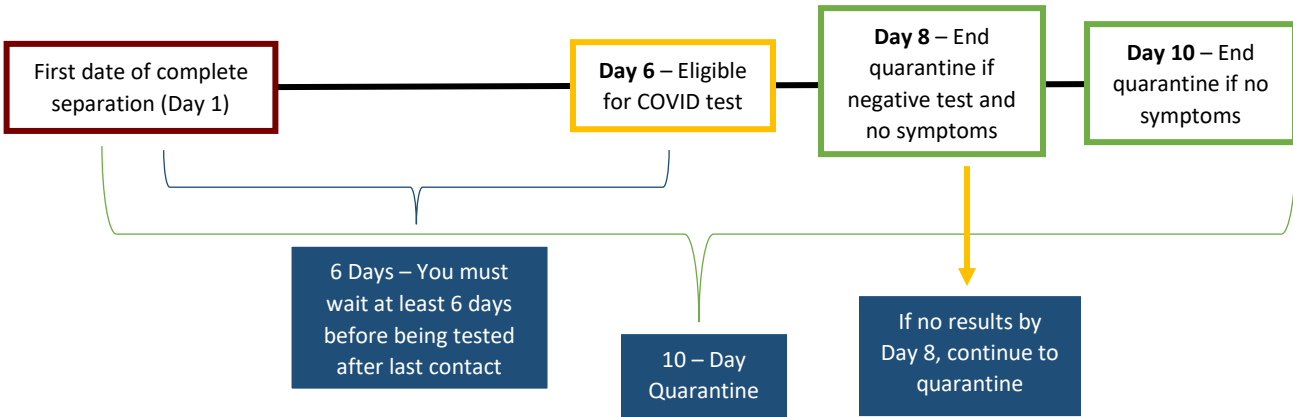
See Timeline Charts on Page 3.

## CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19: NON - HOUSEHOLD

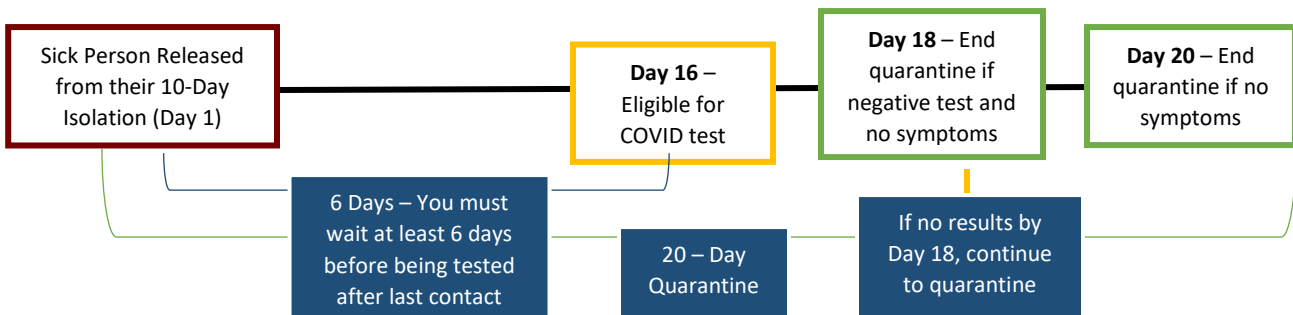


## CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19: HOUSEHOLD

Household contacts may be quarantined for 17-20 days.



### 2. Unable to completely separate\* from the sick person in your home



\*Complete separation means no contact, no time together in the same room, no sharing of any spaces, such as using the same bathroom.