WHEN CAN I LEAVE QUARANTINE?

When should I quarantine?

You can return to work or school 10* days after your last close contact with anyone who has COVID-19. If possible, stay away from others, especially people who are at higher risk for getting very ill from COVID-19.

*Exceptions:
- Individuals who work in a high-risk congregate living setting (Skilled Nursing Facilities, Assisted Living Facilities, correctional Facilities and Shelters) or persons who work with severely immunosuppressed persons (bone marrow or solid organ transplants, chemotherapy) may end home quarantine 10 days after their last close contact with someone with COVID-19, but they cannot return to work for 14 days.
- During critical staffing shortages when deemed appropriate by their employer, asymptomatic healthcare workers, emergency response workers and social service workers who work face-to-face with clients in the child welfare system are not prohibited from returning to work after day 7 with a negative nucleic acid amplification test (e.g., PCR or LAMP) test result from a specimen collected after day 5).
- Persons who cannot wear a face covering due to a medical condition, mental health condition, disability, or being under age two must quarantine for 14 days.
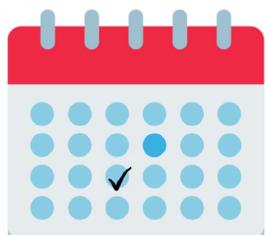
What do we mean by close contact?

You had close contact if you spent more than 15 minutes within 6 feet of someone with COVID-19, even if you both wore face coverings.

This rule also applies when multiple shorter periods of contact add up to 15 minutes or more in a day.

Should I get tested for COVID-19 while I'm in quarantine and do not have symptoms?

Everyone in quarantine *may* be tested.
People at high risk of transmitting to others *should* be tested.
If your test results are positive, you will need to go into isolation.

What if I develop symptoms while in quarantine?

Watch for fever (100° F), cough, shortness of breath or other symptoms of C0VID-19. If you develop symptoms, you should start isolation. Contact your healthcare provider and get tested.

Shasta County Health & Human Services Agency