



# What should I do if I am in quarantine for exposure to a COVID-19 Positive Individual?

## While in quarantine:

- Those who are under quarantine due to close contact of a COVID positive individual should not attend school, work or any other setting.
  - **Monitor yourself for symptoms of illness**
  - **If you become ill please call our office with questions @ 620-364-8631**
  - **If you need to seek medical attention, call your healthcare provider and tell them that you have been exposed to COVID-19.** You will be advised on how to be tested if you wish to do so.
  - If you must seek medical care for other reasons, call ahead to your doctor and tell them about your exposure to COVID-19.
- If you become ill, please make a list of names and phone numbers of anyone you had “close contact” with (within 6 feet for 10 minutes or greater) since your symptom onset, as well as during the 48 hours **prior to** your symptom onset. This will assist the health department in disease investigation.
- While in quarantine, you should have groceries, medications, essentials delivered to your home and left on the doorstep. If this is not an option for you, you may only use **contactless** curbside services.
- If possible, separate yourself from other people in your home. Use a separate bathroom, if available.
- Sleep in a separate bedroom alone, if available.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Sanitize all “high-touch” surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, according to the label instructions.

## Important to note...

- If you become ill/symptomatic during your quarantine and subsequently test positive for COVID 19, your household members must quarantine.

## How long is quarantine? (7-day or 10-day) Updated 12/2/2020

- **10-day WITHOUT TESTING:** If exposed to a COVID positive person your quarantine is for 10 days, starting with **the day after your last close contact with the COVID positive person.** If you do not develop symptoms of COVID-19 during your quarantine period and choose not to test, then you are released from quarantine at the end of the 10 days.
- **7-day WITH PCR TESTING:** If exposed to a COVID positive person and experiencing no symptoms of illness **you may choose to test on or after day 5.** If negative and still symptom-free, then you are released from quarantine at the end of the 7 days. *(KDHE does not recognize antigen or antibody testing.)*