

## COVID-19 Close Contact Guidance

### Quarantine timeline:

If you are asymptomatic, your quarantine will be 10 days after your last contact with the person who is positive, even if this person is a household member. Quarantine may be shortened to 7 days if you test negative COVID-19 on or after day 5 and have NO symptoms. If you develop symptoms at any time during the quarantine period, you will need to immediately isolate and seek medical advice regarding next steps and testing.

### Guidance for people who are vaccinated:

If you have been fully vaccinated and have an exposure to someone with suspected or confirmed COVID-19, you do not need to quarantine if you are asymptomatic. It is recommended that you get tested 3-5 days after exposure.

This guidance does **not** apply to vaccinated inpatients and residents in healthcare settings. These individuals should continue to quarantine following an exposure to someone with suspected or confirmed COVID-19.

### What to do when someone with COVID-19 lives in your home:

Household contacts must quarantine as long as they are exposed to the case and for a 7-10 day period beyond their last exposure. If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The person who is positive must never be in the same room as household members
- The person who is positive cannot share plates, cups, dishes or phones with household members
- The person who is positive should have their own bathroom. If that isn't possible, the household must conduct daily cleaning
- The person who is positive should have their own room or area in the home

If the contact cannot separate from the person who is positive within the home, the contact must quarantine for the entire isolation period of the person who is positive plus an additional 7-10 days. Once exposure is no longer occurring (either the case has completed their 10-day isolation or the person who is positive and contact have separated within the home), then quarantine can end according to 7-10 day guidance. If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a person who is positive and consider getting tested.

### Isolation timeline for positive person:

The person who is positive for COVID is considered recovered when the following conditions have been met:

- Fever-free for 1 day without fever-reducing medication, **AND**
- Any symptoms experienced are improving, **AND**
- It has been at least 10 days since their symptoms started (or since their test date if they had no symptoms). This should be 20 days for individuals with laboratory-confirmed or clinically suspected COVID-19 with severe or critical illness or who are severely immunocompromised

### Steps to take to prevent the spread of COVID-19:

- Monitor for symptoms, including fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, and diarrhea
- Take your temperature at approximately the same time each day
- If you experience symptoms of COVID-19, isolate yourself and call your doctor immediately. Inform them of your potential exposure and your symptoms. If you are ill and feel you have an emergency, seek care immediately and inform dispatch and health care providers that you have had contact with someone who has COVID-19



- Remain in your home. As much as possible, you should stay in a separate room away from other people in your home. DO NOT eat meals with others in your home. You should also use a separate bathroom, if available
- Do not go to work, school, shopping centers, movie theaters, stadiums, church, public location or any other event
- Do not travel, including by any public or commercial transportation such as a bus, taxi, airplane, train, Uber/Lyft or boat

**Questions:**

If you have questions, please contact Kentucky's COVID-19 Hotline at 1-800-722-5725 or visit [www.nkyhealth.org](http://www.nkyhealth.org) or [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov).

## Have you been exposed to or tested positive for COVID-19?

<p>If you have tested <b>POSITIVE FOR COVID-19</b> and have <b>SYMPTOMS</b>:</p>	<p>If you have tested <b>POSITIVE FOR COVID-19</b> and have <b>NO SYMPTOMS</b>:</p>	<p>If you have been in <b>CLOSE CONTACT</b> with someone diagnosed with COVID-19:</p>
<p><b>Isolate for</b></p>	<p><b>Isolate for</b></p>	<p><b>Quarantine* for</b></p>
<p><b>DAYS</b> from the date symptoms began.</p>	<p><b>DAYS</b> from the date you had your test done.</p>	<p><b>DAYS</b> from your last exposure.</p>

\*Quarantine may be shortened to 7 days if you have no symptoms and test negative for COVID-19 on day 5 or later. If you are fully vaccinated you may not need to quarantine but are recommended to get tested 3-5 days after exposure.

**Kentucky Public Health**  
Prevent. Promote. Protect.

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[KYCOVID19.KY.GOV](http://KYCOVID19.KY.GOV)

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