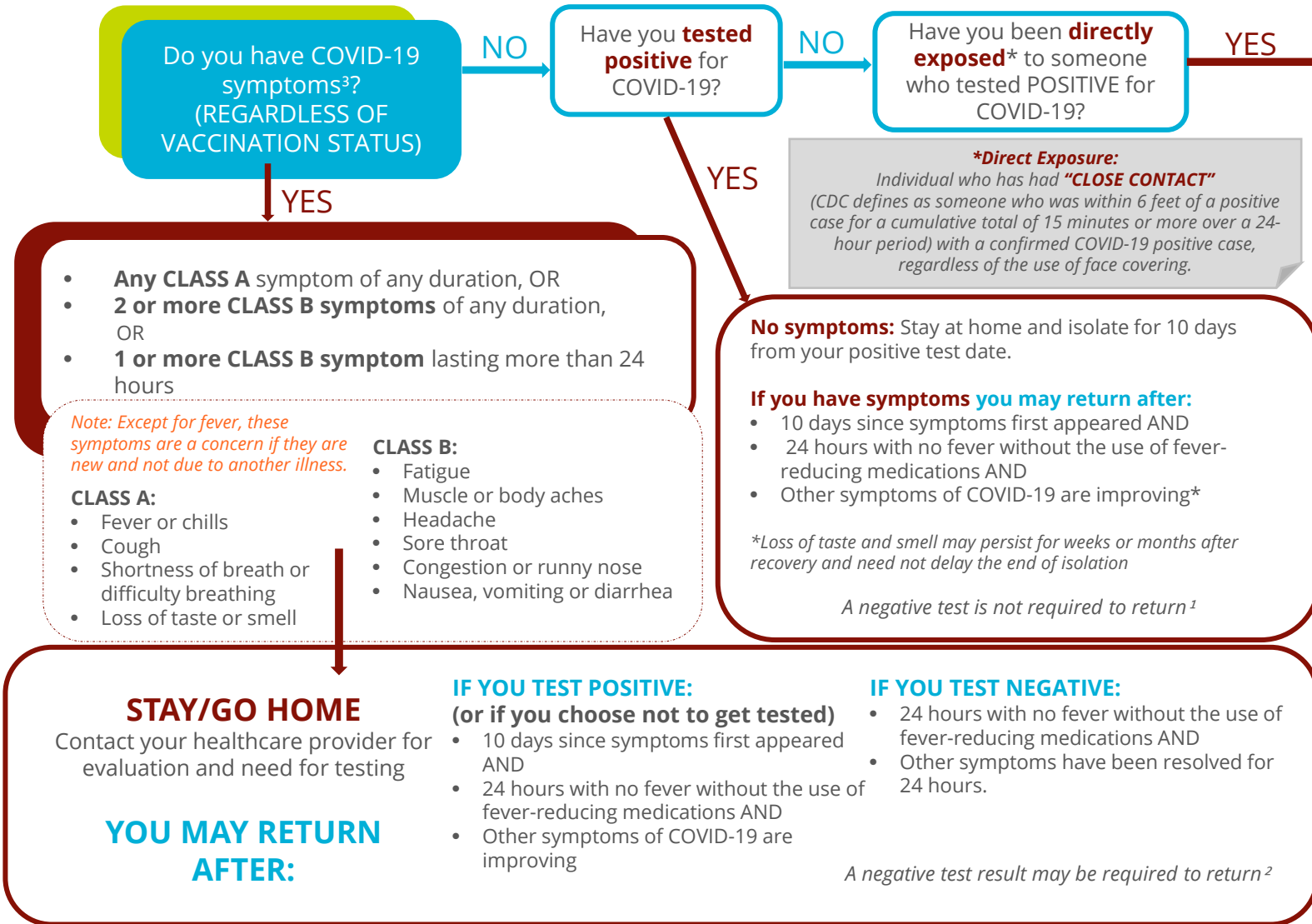


COVID-19 Quarantine/Isolation - Report to Office/Jobsite Guide

Current as of October 26, 2021

Anyone with severe or life-threatening symptoms should go to the emergency room or call 911 immediately

- **IF YOU ANSWER "YES" to ANY of the questions below DO NOT report to office/jobsite, email covidhelp@habitat-spokane.org**
- **IF YOU ANSWER "NO" to ALL the questions below, you are OK to report to the office/jobsite**
 - For urgent questions call Angela 509.342.9962



If you were directly exposed and you...

... ARE UNVACCINATED OR NOT FULLY VACCINATED**

Quarantine and get tested immediately. If the test is negative, get tested again 5–7 days after last exposure and continue to quarantine. If symptoms develop during quarantine, **isolate** and get tested immediately.

How long do I quarantine and what actions should I take?
Typically, you should **stay home for 14 days after your last contact** with a person who has COVID-19 and

- 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

In some circumstances, **you may be able to end quarantine sooner.**

- If you have no symptoms, wear a mask whenever you are near others from outside your household during your quarantine, and continue to monitor for symptoms through day 14, **then quarantine can end after day 10 (without testing)^{1 2}.**

Due to the high transmission rate in Spokane County, SRHD does not currently recommend shortening quarantine to seven days, regardless of test results¹

... ARE FULLY VACCINATED**

Get tested 5-7 days after the close contact and wear a mask indoors in public for 14 days or until you test negative. If symptoms develop, **isolate** and get tested immediately.

... HAD COVID-19 IN PAST 90 DAYS & RECOVERED

Wear a mask indoors in public for 14 days after exposure, monitor for symptoms, and consult with a healthcare professional for testing recommendations if you develop new symptoms. If more than 90 days have passed since recovery from infection, people who had COVID-19 should follow recommendations for close contacts based on their vaccination status.

*If separation of the person with COVID-19 from others in the home is not possible, other members of the household will have **ongoing exposure**, meaning you will be repeatedly exposed until that person is no longer able to spread the virus to other people.*

see page 2 for further details on ongoing (household member) exposure

- **IF YOU ANSWERED “YES” to any** of the questions on page one, email covidhelp@habitat-spokane.org; **DO NOT report to the office/jobsite**
- **IF YOU ANSWER “NO” to ALL** the questions on page one, you are **OK to report to the office/jobsite**
 - *For urgent questions call Angela 509.342.9962*

For ongoing (household member) direct exposures² - Close contacts who...

... **ARE UNVACCINATED OR NOT FULLY VACCINATED***

- Should get tested and begin **quarantine** immediately
- Continue to quarantine throughout isolation period of person with COVID-19.
- Continue to quarantine for an additional 14 days starting the day *after* the end of isolation for the person with COVID-19.
- Get tested again 5-7 days after the end of isolation of the infected person.
- Wear a mask when in contact with the person with COVID-19 throughout the person's isolation period.
- Wear a mask when in contact with other people in the home until quarantine ends.
- **Isolate** immediately if you develop symptoms of COVID-19 or test positive.

... **ARE FULLY VACCINATED***

- Should get tested 5-7 days after their *first* exposure. A person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they do not have symptoms.
- Get tested again 5-7 days after the end of isolation for the person with COVID-19.
- Wear a mask when in contact with the person with COVID-19 throughout the infected person's isolation period.
- Wear a mask indoors in public until 14 days after the infected person's isolation period ends or until the fully vaccinated close contact receives their final test result.
- **Isolate** immediately if they develop symptoms of COVID-19 or test positive.

... **HAD COVID-19 IN PAST 90 DAYS & RECOVERED**

- ... and completed 10 days of isolation and then during the 90 days following the end of isolation come into close contact with someone with COVID-19 do not have to quarantine or get tested if they do not have symptoms. But they should
 - Wear a mask indoors in public for 14 days after exposure.
 - Monitor for COVID-19 symptoms and isolate immediately if symptoms develop.
 - Consult with a healthcare provider for testing recommendations if new symptoms develop.
- If more than 90 days have passed since recovery from infection, people who had COVID-19 should follow recommendations for close contacts based on their vaccination status.

**FULLY VACCINATED =

Individual who is:

- > 2 weeks following receipt of the second dose in a 2-dose series, OR
- > 2 weeks following receipt of one dose of a single-dose vaccine.

You **quarantine** when you might have been exposed to the virus.

You **isolate** when you have been infected with the virus, even if you don't have symptoms.

SOURCES:

- **¹SRHD ISOLATION & QUARANTINE**
 - <https://covid.srhd.org/topics/exposure-diagnosis/isolation-quarantine>
 - *Updated September 29, 2021*
- **²CDC QUARANTINE & ISOLATION**
 - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
 - *Updated October 19, 2021*
- **³SRHD COVID-19 GUIDANCE – WHEN TO... Test, Quarantine and Isolate:**
 - <https://srhd.org/media/documents/Testing-Quarantine-Isolation-Guidance.pdf>
 - *Updated November 2020*

ADDITIONAL SOURCES:

- **CDC Appendices:**
 - <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>
 - *Updated October 19, 2021*
- **SRHD Isolation and Quarantine Calculator:**
 - <https://www.doh.wa.gov/Emergencies/COVID19/CaseInvestigationsandContactTracing/IsolationandQuarantineforCOVID19/Calculator>
- **SRHD Testing Locations:**
 - <https://covid.srhd.org/topics/covid-19-testing/testing-options-locations>