

## When and How Long to Quarantine – OPTION 1 (14 days)

<b>Scenario 1:</b> You are the close contact of someone who has COVID-19—you will not have further close contact	<b>Scenario 1: Quarantine Timeline =</b> Date of last close contact with person who has COVID-19 + 14 days																																																						
<ul style="list-style-type: none"><li><b>Example 1:</b> I had <b>close contact*</b> with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).</li><li><b>In example 1,</b> your last day of quarantine is 14 days from the date you had close contact as long as you remained asymptomatic during daily monitoring.</li></ul>	<table><tr><td>Last close contact with person who has COVID-19</td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td></td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td></td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td></td></tr><tr><td></td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>Last day of quarantine</td></tr><tr><td></td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td></td></tr><tr><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">14 Day Quarantine</td><td></td></tr></table>	Last close contact with person who has COVID-19	Mon	Tues	Wed	Thurs	Fri	Sat	Sun					1	2	3	4	5			6	7	8	9	10	11	12			13	14	15	16	17	18	19	Last day of quarantine		20	21	22	23	24	25	26			27	28	29	30	31	14 Day Quarantine		
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<b>Scenario 2:</b> You had close contact with someone who has COVID-19—you <b>can</b> avoid further close contact	<b>Scenario 2: Quarantine Timeline =</b> Date person with COVID-19 began home isolation + 14 days																																																						
<ul style="list-style-type: none"><li><b>Example 2:</b> I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom and bathroom. There is no shared communal space. I have had no close contact with the person since they isolated.</li><li><b>In example 2,</b> your last day of quarantine is 14 days from when the person with COVID-19 began home isolation as long as you remained asymptomatic during daily monitoring.</li></ul>	<table><tr><td>Person with COVID-19 starts home isolation</td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td></td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td></td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td></td></tr><tr><td></td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>Last day of quarantine</td></tr><tr><td></td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td></td></tr><tr><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">14 Day Quarantine</td><td></td></tr></table>	Person with COVID-19 starts home isolation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun					1	2	3	4	5			6	7	8	9	10	11	12			13	14	15	16	17	18	19	Last day of quarantine		20	21	22	23	24	25	26			27	28	29	30	31	14 Day Quarantine		
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<b>Scenario 3:</b> You are under quarantine and had additional close contact with someone with COVID-19	<b>Scenario 3: Quarantine Timeline =</b> Date of additional close contact with person who has COVID-19 + 14 days																																																						
<ul style="list-style-type: none"><li><b>Example 3:</b> I live with someone who has COVID-19 and started my 14-day quarantine period. While I am quarantining, another close contact with the person who is sick or another household member gets sick with COVID-19.</li><li><b>In example 3,</b> you will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. <u>Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.</u> Last day of quarantine is 14 days after the last exposure as long as you remained asymptomatic during daily monitoring.</li></ul>	<table><tr><td>Start of first quarantine</td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td>Additional contact or someone else got sick, quarantine starts over</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td></td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td></td></tr><tr><td></td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>Last day of quarantine</td></tr><tr><td></td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td></td></tr><tr><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">14 Day Quarantine</td><td></td></tr></table>	Start of first quarantine	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Additional contact or someone else got sick, quarantine starts over				1	2	3	4	5			6	7	8	9	10	11	12			13	14	15	16	17	18	19	Last day of quarantine		20	21	22	23	24	25	26			27	28	29	30	31	14 Day Quarantine		
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<b>Scenario 4:</b> You live with someone who has COVID-19 and you cannot avoid continued close contact	<b>Scenario 4: Quarantine Timeline =</b> Date the person with COVID-19 ends home isolation + 14 days																																																						
<ul style="list-style-type: none"><li><b>Example 4:</b> I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.</li><li><b>In this example,</b> you should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation, as long as you remained asymptomatic during daily monitoring.</li></ul>	<table><tr><td>Person is sick or has COVID-19</td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td></td></tr><tr><td></td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td>Case met criteria to end home isolation and close contact starts quarantine</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td></td></tr><tr><td></td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td></td></tr><tr><td></td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>Last day of quarantine</td></tr><tr><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">14 Day Quarantine</td><td></td></tr></table>	Person is sick or has COVID-19	Mon	Tues	Wed	Thurs	Fri	Sat	Sun			30	31	1	2	3	4	5		Case met criteria to end home isolation and close contact starts quarantine	6	7	8	9	10	11	12			13	14	15	16	17	18	19			20	21	22	23	24	25	26	Last day of quarantine		27	28	29	30	31	14 Day Quarantine		
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### When and How Long to Quarantine – OPTION 2 (10 days)

Scenario : You are the close contact of someone who has COVID-19	Quarantine Timeline = Date of last close contact with person who has COVID-19 + 10 days																																																	
<ul style="list-style-type: none"><li><b>In this scenario</b>, your last day of quarantine is 10 days from the date you had close contact.</li><li><b>Release</b> after a 10 day quarantine can be used <b>if the following apply</b>:<ul style="list-style-type: none"><li>No symptoms of COVID-19 developed during daily monitoring through day 14</li><li>SARS-CoV-2 PCR testing is recommended</li><li><u>Physical distancing and masking can be maintained at all times</u> when returning to school (classrooms with strict mask adherence, distancing of 3-6 feet is acceptable for students, distancing for staff is 6 ft)</li></ul></li></ul>	<table><tr><td></td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td></td></tr><tr><td rowspan="4">Last close contact with person who has COVID-19</td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td rowspan="3">Last day of quarantine</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td></td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">10 Day Quarantine</td><td></td></tr></table>		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		Last close contact with person who has COVID-19			1	2	3	4	5		6	7	8	9	10	11	12	Last day of quarantine	13	14	15	16	17	18	19	20	21	22	23	24	25	26		27	28	29	30	31	10 Day Quarantine		
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### When and How Long to Quarantine – OPTION 3 (7 days)

Scenario: You had close contact with someone who has COVID-19	Quarantine Timeline = Date person with COVID-19 began home isolation + 7 days																																														
<ul style="list-style-type: none"><li><b>In this scenario</b>, your last day of quarantine is 7 days from the date you had close contact.</li><li><b>Release</b> after a 7 day quarantine can be used <b>if the following apply</b>:<ul style="list-style-type: none"><li>No symptoms developed during daily monitoring through day 14</li><li>Individual has a negative SARS-CoV-2 diagnostic test (PCR) that was collected within 48 hours of exposure day 7 (tested on day 6 or after)</li><li><u>Physical distancing and masking can be maintained at all times</u> when returning to school (classrooms with strict mask adherence, distancing of 3-6 feet is acceptable for students, distancing for staff is 6 ft)</li></ul></li></ul>	<table><tr><td></td><td>Mon</td><td>Tues</td><td>Wed</td><td>Thurs</td><td>Fri</td><td>Sat</td><td>Sun</td><td></td></tr><tr><td rowspan="5">Last close contact with person who has COVID-19</td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td rowspan="5">Last day of quarantine</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td colspan="2">7 Day Quarantine</td></tr></table>		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		Last close contact with person who has COVID-19			1	2	3	4	5	Last day of quarantine	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	7 Day Quarantine	
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**\*Close contact definition:**

- Someone who was within 6 ft of an individual infected with COVID-19 for a cumulative 15 minutes over a 24 hour period starting from two days prior to the infected individual's onset of symptom (or test date, if asymptomatic).
  - Exception: In the indoor K-12 classroom setting, students who were within 3 to 6 feet of the infected student are not treated as close contacts as long as both students were engaged in consistent and correct use of a well-fitting masks and other K-12 school prevention strategies (such as universal and correct mask use, physical distancing, increased ventilation) were in place in the K-12 setting. Teachers, staff, and other adults are not included in this exception.
    - If classroom students were not consistently masked in the classroom, close contacts are those within 6 feet of the infected student for a cumulative total of 15 minutes or more over a 24 hour period.
- If the case or close contacts were unmasked, and the case was symptomatic, close contacts may be assessed out further than 6 feet or considered for exposures briefer than 15 minutes.
- Student exposures outside of the classroom and exposures for unvaccinated staff and teachers are considered within 6 feet for a cumulative 15 minutes over a 24 hour period.
- Individuals who are fully vaccinated or have had lab-diagnosed COVID-19 within the last 90 days and continue to be asymptomatic would not be considered close contacts.
- Local health departments are the final authority on identifying close contacts.

\* For any scenario, if a close contact becomes symptomatic, they should be tested and sent home to isolate. The Kane County Health Department should be notified if a close contact becomes symptomatic or tests positive.

**Disclaimer: LHDs have the authority to assess high-risk exposure and order a traditional quarantine.**