



Self-quarantine guidance outlined below is applicable for unvaccinated individuals only.

Those who are fully vaccinated do not have to self-quarantine, except in limited circumstances. As of July 27, 2021, per CDC, fully vaccinated individuals who have had close contact with someone with COVID-19 infection, should get tested 3-5 days after their exposure, even if they do not have symptoms. Fully vaccinated individual should also wear a mask indoors in public for 14 days following exposure or until test results are negative. Fully vaccinated individual should self-isolate for 10 days if they test positive for COVID-19.

See CDC Guidance on **When You've Been Fully Vaccinated**

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html> for additional details.

Exceptions

For healthcare settings:

Healthcare facilities should continue to follow all applicable state and federal requirements related to testing and quarantine of healthcare personnel.

Detailed guidance on testing and quarantine in healthcare settings, and considerations for vaccinated and unvaccinated persons, is available on the CDC website:

See updated **Healthcare Infection Prevention and Control Recommendations in Response to COVID-19 Vaccination**. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

Guidance from the Centers for Medicare and Medicaid Services (CMS) can be found at QSO-20-38-NH REVISED (cms.gov). <https://www.cms.gov/files/document/qso-20-38-nh.pdf>

General Self-Quarantine

Along with CDC, on December 3, 2020, ODH reduced self-quarantine for people possibly exposed to COVID-19 to meet the specific needs of our state and considerations for local circumstance and resources.

ODH Recommended Options for Self-Quarantine Following Possible COVID-19 Exposure

<https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>

A close contact is anyone who was within 6 feet of an infected person for at least 15 minutes. An infected person can spread COVID-19 starting 2 days before the person had any symptoms or when specimen was collected for a COVID-19 test.

The CDC recommends anyone who has had close contact with someone with COVID-19 should stay home for 10 days after their last exposure to that person. They should continue to wear their mask indoors and monitor themselves for symptoms through day 14. Close contacts that are not fully vaccinated should be tested immediately after being identified as a close contact and, if negative, again 5-7 days after last exposure. If they develop symptoms at any point during their self-quarantine period, they should be tested. Individuals may consider ending self-quarantine after day 7 by obtaining a negative COVID-19 test (PCR or antigen) on day 5 or later. We continue to encourage individuals to wear a mask whenever someone is around others from outside their household.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does **NOT** need to stay home and complete a 10-day self-quarantine:

- Has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)
- Fully vaccinated (≥ 2 weeks following second dose in a 2-dose series, or ≥ 2 weeks following one dose of a single-dose vaccine) As of July 27, 2021, per CDC, fully vaccinated individuals who have had close contact with someone with COVID-19 infection, should get tested 3-5 days after their exposure, even if they do not have symptoms. Fully vaccinated individual should also wear a mask indoors in public for 14 days following exposure or until test results are negative. Fully vaccinated individual should self-isolate for 10 days if they test positive for COVID-19.

Updated CDC guidance on **Testing for Current Infection**

<https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html#who-should-get-tested>

If someone has a positive viral test (antigen or PCR only, not antibody) within the past 90 days, they DO NOT need to quarantine if exposed to another COVID-19 case. Without laboratory evidence, that individual needs to self-quarantine as required or determined by contact tracing. It **cannot** be a clinical presumptive positive or epidemiologically linked case. **Please note that antibody tests do not count as diagnostic test. Evidence of positive antibodies do not allow for the quarantine exemption.**

See attached **FCPH Quarantine Calendar** to accurately calculate the number of days you should quarantine based on different scenarios.

Quarantine Related to Sport Exposures

Close contact identified as part of exposure during sports or athletics, should self-quarantine at home for 10 days from the last exposure to a case and follow the above guidance for testing and masking. Individuals may consider ending self-quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later. They should continue to monitor their health for symptoms and through day 14.

Quarantine Related to School Exposures

Close contacts identified as part of exposure in a school setting are eligible for modified quarantine based on specific sets of guidelines outlined by ODH and FCPH.

ODH Guidelines for Quarantine After Exposure in K-12 Classroom Settings (Updated August 9, 2021)

<https://coronavirus.ohio.gov/static/responsible/covid-19-fact-sheet-k-12-exposure-and-quarantine.pdf>

ODH Flow Chart

<https://coronavirus.ohio.gov/static/responsible/covid-19-fact-sheet-k-12-exposure-and-quarantine-flow-chart.pdf>

FCPH COVID-19 K-12 School Guidance

<https://drive.google.com/file/d/1zuT0STDnq4gKxj0USEvCbhGe-nonC9Wz/view>

Quarantine Related to Travel Exposures

Starting March 10, 2021, the Ohio Department of Health (ODH), will no longer issue a travel advisory for those entering Ohio after traveling to states reporting positive testing rates of 15% or higher. Instead, ODH is revising its travel guidance to encourage Ohioans to carefully review Centers for Disease Control and Prevention (CDC) guidance when considering travel.

The **ODH advisory change** can be found: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>

Complete **CDC guidance on travel** can be found

here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Travelers returning from international travel are required to have a negative test result prior to boarding a returning flight to the US. Individuals who are not fully vaccinated should quarantine upon return to the United States. Franklin County recommends quarantining for 10 days after returning from international travel, but individuals may consider ending quarantine after day 7 by obtaining a negative viral COVID-19 test (PCR or antigen) on day 5 or later.

The **CDC** provides additional information on **international travel**:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

CDC: When to Quarantine

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

COVID-19 Quarantine

Stay Home If You Have Been Exposed



If you have been notified that you were a close contact to someone diagnosed with COVID-19, you should quarantine (stay home, not leave the house for any reason other than to seek medical care) for 10 days.

You may consider ending quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later.

You should continue to monitor your health for symptoms until day 14, and always wear a mask.

What is Considered a Close Contact

A close contact is anyone who was within 6 feet or less of someone diagnosed with COVID-19 for a total of 15 minutes or more (combined total time) starting 2 days before their symptoms began.

This is their “infectious period”. If they don’t have symptoms, it is two days before the day they were tested for COVID-19.

FCPH Detailed Quarantine Guidance

[View Here](#)

CDC: When to Quarantine

[View Here](#)



LEARN MORE: <https://bit.ly/NotifyContacts>

Below are some scenarios to help you determine when you should stop quarantine.

Scenario 1:

Close contact with someone who has COVID-19. This could be an exposure to a friend, neighbor or coworker, or it could be an exposure to a household contact that is able to completely isolate (stay in a separate bedroom and have no further contact with anyone else in the home) from household members. *Close contact should quarantine for 10 days from the last time they were around the case. You may consider ending quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Last close contact with person who has COVID-19	1	2	3	4	5
	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		

..... Last day of quarantine

Scenario 2:

Close contact with a household member diagnosed with COVID-19 and unable to avoid continual close contact. This could be due to the household member not having their own bedroom or the case needing to provide/receive care from someone else (either too young or needing medical care). *Contacts may choose to reduce their quarantine to 7 days after the person with COVID-19 ends their isolation period with a negative COVID-19 test at least 5 days after the person with COVID-19 ends their isolation period.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Person is sick/has COVID-19	30	31	1	2	3	4	5
Criteria met to end home isolation. Quarantine starts	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		

..... Last day of quarantine

Scenario 3:

Close contact is under quarantine and then has an additional exposure to someone diagnosed with COVID-19. This may happen when an additional household member becomes ill. *Close contacts should restart their quarantine based on their last exposure to the most recent case.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start of first quarantine	1	2	3	4	5
	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		

..... Last day of quarantine

Additional contact or someone else got sick; quarantine starts over