You may have been exposed to COVID-19, a significant potential health threat, and your cooperation is needed to protect yourself, your family and the entire community. A close contact is defined as someone who is within six feet of an ill person for more than 15 minutes over a 24 hour period.

What you need to do:

- **Stay home for 10 days (self-quarantine) from the last date of contact with the ill person**.*Self-quarantine may end when 10 days have passed since your last contact to the person with COVID 19 as long as you have not had any symptoms**. A calendar for determining your 10 day quarantine period is provided on the back of this letter.
- All close contacts should continue to monitor for symptoms for 14 days after close contact with a person with COVID-19.
- If you develop symptoms of COVID-19, Columbus Public Health recommends that you notify your doctor that you are a close contact of someone who has been diagnosed with COVID-19 and seek guidance for testing. A list of local testing sites can be found here: https://www.columbus.gov/publichealth/Coronavirus-Portal/.

Symptoms usually appear within 10 days of exposure and may include one or more of the following:

- Temperature of 100.4º or higher
- Dry cough/new or worsened cough
- Shortness of breath
- Lack of taste/smell
- Nasal congestion or runny nose

- Sore throat
- Headache
- Body aches
- New or worsened fatigue
- Nausea, vomiting or diarrhea

Self-Quarantine means stay home. Do not go to work, school, grocery stores, places of worship or any other location where people gather. Do not use public transportation such as buses, taxis or ride shares. Social distance from household members. When possible in your home, sleep separately, use separate bathrooms, avoid common spaces, wash hands frequently and disinfect surfaces often.

Thank you for your cooperation and for helping us prevent the spread of COVID-19. If you have questions, please call Columbus Public Health at 614-645-1519.

*Note: Health care employers who wish to release an employee from quarantine earlier may require a negative test to return after day seven as long as the test is done at least five days after close contact with a person with COVID-19 and the employee has not had any symptoms.

COVID-19 Quarantine

## Stay home if you might have been exposed to COVID-19.

When to Start and End Quarantine

Stay home for 10 days from your last contact with a person with COVID-19 as long as you do not have any symptoms. All close contacts should continue to monitor symptoms for 14 days after close contact with a person with COVID-19.

What is a close contact?

Someone who is **within 6 feet** of a case for a cumulative **total of 15 minutes or more** in a **24 hour** period. A person is contagious up to 48 hours before they get sick.
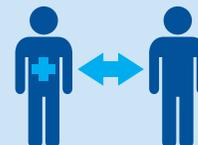
Scenario 1

If you had close contact with a COVID+ person, but **will not have additional contact,** your last day of quarantine is 10 days from the date you had close contact.

	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 → Last day of quarantine
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Scenario 2

If you live with a COVID+ person who is isolated in a **separate bedroom, and you've not had close contact with them since they isolated,** your last day of quarantine is 10 days from when the COVID+ person began home isolation.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Person with COVID-19 starts home isolation			**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		

Scenario 3

If you live with a COVID+ person and started the 10 day quarantine, but have close contact with another household member who becomes sick with COVID-19, you have to restart your quarantine from the last day you had close contact with anyone in your house with COVID-19.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Start of first quarantine			**1**	2	3	4	**5**	Additional contact or someone else got sick; quarantine starts over
	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			

Scenario 4

If you live with a COVID+ person and **cannot avoid continued close contact,** you should avoid contact with others outside your home while the person is sick and quarantine for 10 days after they meet the criteria to end home isolation.

	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	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			