



# Tohono O'odham Nation Unified Command

## Quarantine Guidance for Household and Close Contacts of a Person with COVID-19

**Quarantine** is for people who were exposed to someone with COVID-19 but haven't yet developed any symptoms of COVID-19\* themselves. It prevents the spread of COVID-19 by asking people who *might* be infected to stay away from others until enough time has passed to be sure they don't have COVID-19.

If you were **within 6 feet** of a person with COVID-19 for a **cumulative total of 15 minutes or over a 24-hour period** *or* had **physical contact** with a person with COVID-19, you need to stay in **quarantine** at home for **10 days**.

**Quarantine** means you need to:

- **Separate yourself** from the person (people) with COVID-19 in your home, if there are any.
- **If possible, get tested for COVID-19** with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. Call (Note: a negative test *might* allow you to end quarantine after 7 full days if you have not had any symptoms. See the **Home Quarantine Guidance Flow Chart** on the back of this page.)
- Stay home for **10 days** after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food. This includes:
  - o **Not** using public transportation, rideshares, or taxis
  - o **Not** going to work, school, or public areas
    - If you **work in an essential service and do not have any symptoms\*** consistent with COVID-19 and must go to work during the 10-day **quarantine** period, **you must wear a face mask** when you are within 6 feet of other people and self-monitor for any new symptoms.
- **Wash your hands** and avoid touching your eyes, nose, and mouth AND cover your coughs and sneezes.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Call ahead** before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.
- **Continue to monitor your temperature & symptoms and wear a mask** for **14 days** after your last contact with the person with COVID-19, regardless of when your quarantine period ends.

If you develop any symptoms consistent with COVID-19 during **quarantine**, you need to:

- **Get tested for COVID-19** with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. (Note: if you have had symptoms, a negative test **does NOT** allow you to end quarantine early.)
- **Follow** the symptomatic portion of the **Home Quarantine Guidance Flow Chart** (on the back of this page).

\*Symptoms of COVID-19 can range from mild to severe illness and may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell

Check the [CDC web site](#) for the latest list of COVID-19 symptoms.

# COVID-19 Home Quarantine Guidance - Flow Chart for Close Contacts



**SYMPTOMS**  
Have you experienced any symptoms consistent with COVID-19 since your exposure to a person with COVID-19?

**YES,**  
I have/had symptoms.

**Symptoms** of COVID-19 may include:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches, headache
- Fatigue (not as a sole symptom in the school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell

Symptoms can range from mild to severe illness and may appear 2 to 14 days after exposure.

**\*Close-Contacts** are people who were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period OR who had physical contact with a person with COVID-19 while infectious.

**No,**  
I have not had symptoms.

**PCR or Antigen Test for COVID-19**  
Did you get a nose/throat swab or saliva test for COVID-19 since your exposure and is your result available?

**NO, including:**  
I'm waiting for my result, or I got a blood test for COVID, or I haven't been tested.

**YES,**  
I've been tested and I have my test results.

**POSITIVE / NEGATIVE / UNTESTED**  
Isolate until it has been at least: **10 days** since your symptoms appear, **AND 24 hours** since your last fever without the use of fever-reducing medication, **AND** your other symptoms have improved.  
If tested, a **NEGATIVE** result does not end your isolation earlier because of your exposure and the need to quarantine.

**Did you have COVID-19 within the last 3 months?**  
If you tested positive for COVID-19, have recovered, and completed your COVID isolation period within the **last 3 months**:  
• You **do not** need to **quarantine** if you are a close contact of someone with COVID-19.  
• You **do not** need to **isolate** if you test positive for COVID again.

If you are waiting for your test result, begin by following the **NEGATIVE** guideline, then re-evaluate when you know your result.  
If you haven't had a nose-swab or saliva test, begin by following the **NEGATIVE** guideline, then re-evaluate if/when you get tested and you know your result.

**NEGATIVE**  
**Quarantine for 10 days** from the date of your last exposure to someone with COVID-19. Continue to monitor yourself daily for symptoms consistent with COVID-19 & wear a mask at home around others for **14 days** following your last exposure.

**POSITIVE**  
**Isolate for 10 days** from when you were tested. If you develop any symptoms during your isolation, follow the guidance for people with symptoms instead (left side of this chart).

**SPECIAL EXCEPTIONS:**  
**\*Serious Illness** or **\*\*Severe Immunocompromise**  
**If you were admitted to an ICU\* due to your COVID illness or you are severely immunocompromised,\*\* isolate until it's been at least:**  
**20 days** since your symptoms appeared, **AND 24 hours** since your last fever **without** the use of fever-reducing medication, **AND** your other symptoms have improved.

**SPECIAL EXCEPTION:**  
**Early Release from Quarantine with Negative Test**  
Quarantine may end after 7 full days following your last exposure if you have:  
1) Tested for COVID-19 by PCR or antigen test (nose/throat swab or saliva) collected at least 5 full days following your last exposure,  
2) Received the test result and it is negative,  
3) Been symptom-free since exposure.  
You must meet all 3 of the above criteria to end quarantine. Continue to monitor yourself daily for symptoms consistent with COVID-19 and wear a mask for 14 days after your last exposure.

**SPECIAL EXCEPTION:**  
**Congregate Settings**  
Close contacts living in a congregated setting (e.g. assisted living, LTCF, group home, etc.) must quarantine for **14 days** from their last exposure. The 10-day quarantine & Early Release exception **do not apply**.

**SPECIAL EXCEPTION:**  
**\*\*Severe Immunocompromise**  
Isolate for **20 days** from when you were tested. If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

**\*Serious illness** - e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: [www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html)

**\*\*Severe immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 lymphocyte count <200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.