



New Richmond Exempted Village School District

When and How Long to Quarantine (after exposure to COVID-19)

Scenario 1: Close contact with someone who has COVID-19

—will not have further close contact

You had close contact with someone who has tested positive for COVID-19 and will not have further contact with the person while they are sick (e.g., co-worker, neighbor, classmate/friend.)

- Your last day of quarantine is 10-14 days from the LAST DATE OF EXPOSURE, or the last date you had close contact.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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				

If the last date of exposure occurred on the 1st, your quarantine will end on the 11th, and you can return to normal activities (school, work) on the 12th.

Scenario 2: Close contact with someone who has COVID-19

—live with the person but can avoid further close contact

You live with someone who has tested positive for COVID-19, and that person has isolated by staying in a separate bedroom with no shared bathroom, kitchen utensils, or time spent together in common rooms. You have had no close contact with the person since they isolated.

- Your last day of quarantine is 10-14 days from when the person with COVID-19 began home isolation

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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				

If a member of your household tested positive on the 1st but didn't isolate from the rest of the household until the 4th, your last date of exposure was the 4th and your quarantine will end the 14th; you can return to normal activity (school, work) on the 15th

Scenario 3: Live with someone who has COVID-19 and cannot avoid continued close contact

You live in a household where you cannot avoid close contact with the person who has tested positive for COVID-19. You are providing direct care to the person who is sick or you are the one receiving the direct care, don't have a separate bedroom and bathroom to isolate the person who is sick, and you share kitchen utensils and common rooms.

- You should avoid contact with others outside the home while the person is sick, and quarantine for 10-14 days AFTER the person who has COVID-19 meets the criteria to end home isolation

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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				

If a member of your household tested positive on the 1st and ends isolation on the 11th, and is unable to isolate from the positive household member, your last date of exposure is the 11th and your quarantine will end the 21st; you can return to normal activity (work, school) on the 22nd.

Stay home and away from others:

**If you were around someone diagnosed with COVID-19 (see advice for quarantine)

- **For COVID-19, a **close contact** is anyone who was within 6 feet of an infected person for a total of 15 minutes or more. An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19.

**If you are waiting for a COVID-19 test result

- Stay home until you have your test results. **DO NOT RETURN TO SCHOOL OR WORK UNTIL YOU HAVE YOUR RESULTS AND THEY ARE NEGATIVE.**

**If you are diagnosed with COVID-19

- **Stay home and away from others except to get medical care.**
 - Monitor your symptoms. If you are having trouble breathing, seek emergency care immediately.
 - Stay in a separate room away from others and use a separate bathroom if possible.
 - Avoid contact with other household members and pets.
 - Don't share personal household items – cups, towels, utensils, etc.
 - Wear a mask when around other people.

Ohio Department of Health Recommended Options for Quarantine

Following Possible COVID-19 Exposure

Duration of Quarantine	Recommended Actions
<p>Optimal Duration to Minimize Risk of Transmission:</p> <p>Stay at home for at least 14 days* after last exposure.</p>	<p>* A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible. Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.)</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>
<p>Reduced Duration 1:</p> <p>Stay at home for at least 10 days after last exposure.</p>	<p>Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10.</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>
<p>Reduced Duration 2:</p> <p>Negative test result for SARS-CoV-2 (the virus that causes COVID-19) from a sample collected on day five or later after last exposure AND stay at home for at least seven days after last exposure.</p>	<p>Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.)</p> <p>Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.</p>