

# QUARANTINE

To prevent COVID-19 from passing around, people who have had close contact (within six feet for at least 15 minutes) with someone with COVID-19 need to quarantine. **Staying home and away from others for 14 days is best practice.** There are options to shorten the quarantine period for certain populations.

## 10 Days

WITH NO SYMPTOMS

Contacts of COVID-19 cases who have **no symptoms** can end quarantine after **10** days and monitor for symptoms for the remaining 4 days.

OR

## Get a Test

NEGATIVE TEST WITHIN 48 HOURS OF DAY 8

Without symptoms get tested on day **6** or later after exposure.

The test should be done within 48 hours of the end of quarantine and must be a molecular or antigen (not blood) test.



NO SYMPTOMS

If you have symptoms or develop symptoms, get tested as soon as possible and self-isolate.



During quarantine, while you wait to be tested or while you await test results, it is very important that you **STAY AT HOME.** Minimize contact with people outside your household. Do not go to work, school, child care or gatherings.

If symptoms do not develop, you may end your quarantine.

Continue to monitor for symptoms through day 14.



MONITOR FOR SYMPTOMS

If the test is **NEGATIVE** quarantine can end as early as day **8.**

Continue to monitor for symptoms through day 14.

Symptoms of COVID-19 can be mild and resemble other illnesses.

**For 14 days after your exposure, monitor for symptoms including:**

- Fever or chills
- Cough
- Headache
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Shortness of breath or difficulty breathing
- Loss of taste or smell (or both)

## COVID-19 COMMUNITY TESTING SITES

Mesa County Fairgrounds

Tuesday - Saturday  
10 a.m. - 4 p.m.  
No appointment needed



Colorado Mesa University

Registration required, check online for testing hours.

COVIDCheck Colorado

More info at: <https://www.primarybio.com/ll/cdphe>



Updated December 2020 to reflect CDC guidance

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>