

## 2019 Novel Coronavirus (COVID-19) Quarantine Information

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### **I had contact with someone who has tested positive for COVID-2019. What do I do now?**

If you were in close contact with someone who has tested positive, and that contact was while they were symptomatic or 48 hours prior to being symptomatic, you will need to quarantine yourself for fourteen (14) days from the last date of contact. This a mandatory requirement.

A close contact is defined as being within 6 ft. of a person displaying symptoms of COVID-2019 or someone who has tested positive of COVID-2019 for a prolonged period of time (ten minutes or more). A close contact may be less than ten minutes if someone was coughed or sneezed on by the individual who has tested positive.

Quarantine means you must stay separate from others in the community for a total period of 14 days from the day of contact to prevent the possible spread of Covid-19 illness.

If you are a healthcare worker or essential employee, your quarantine requirements may vary and you may be able to return to work if certain conditions are met. Please consult with your employer regarding those requirements.

- **You must stay at your residence all the time, during the period you are quarantined.** You should avoid having company at your residence, and keep a log (list of names, phone number, and addresses) of anyone who goes into or out of your residence while you are under quarantine. Others in your residence are not restricted from their activities.
- You will need to take your temperature with a thermometer twice a day: in the morning and later in the day and record your temperature in a temperature log.
- You can live with other family members in your home, but you should sleep in a separate bedroom and use a separate bathroom until the quarantine period is over.
- During this time period, you should avoid close contact of social and dining activities. Food should be delivered to your individual quarters.
- You may walk outside your house on your own property, but should not come within six feet of neighbors or other members of the public. You must refrain from walking in your neighborhood.
- Symptoms of Covid-19 include: fever, cough, and / or shortness of breath. If you develop any of these symptoms, you should put on a face mask immediately to prevent other people in your household from becoming sick.
- If you have a true emergency, call 911 and let the person that answers know that you are under quarantine for Covid-19.
- If you have any questions or if you need assistance with daily living (e.g. food, laundry, etc.), you can call 311 and ask for assistance.
- If you have concerns about your employment status, SCDHS can provide you with a letter asking your employer or school to excuse you from work or school.

By signing below, I acknowledge that I have been provided with a copy of the quarantine guidelines of the Health Department.

\_\_\_\_\_  
Signature

Employee Name: \_\_\_\_\_ ID Number \_\_\_\_\_