

Quarantine Guidelines for Contacts

Revised: August 13, 2021

Quarantine Guidelines for VACCINATED HOUSEHOLD & NON-HOUSEHOLD CONTACTS

- People who are fully **VACCINATED and ASYMPTOMATIC** are not required to quarantine. Testing is recommended on Days 3-5 following exposure to an infected individual. This is true for both household and non-household exposures. Repeated testing may be recommended if exposed in a household setting.
- People who are fully **VACCINATED and SYMPTOMATIC** are required to quarantine for a minimum of 10 days following the last date of contact with the infected individual. Testing is recommended immediately when symptoms are present for both household and non-household exposures. Symptomatic individuals do not qualify for Early Release, regardless of vaccination status.

Quarantine Guidelines for UNVACCINATED HOUSEHOLD CONTACTS

- Household contacts who are **UNVACCINATED and ASYMPTOMATIC** must quarantine for a minimum of 10 days from the last date of contact if the infected individual is **able to isolate** away from others in the home. Testing is recommended between days 5 and 7 after the last date of contact.
- Household contacts who are **UNVACCINATED and ASYMPTOMATIC** must quarantine for an additional 10 days after the infected person's isolation period has ended if the infected individual is **unable to isolate** in the home. Testing is recommended between days 5 and 7 after the last date of contact.
- Household contacts who are **UNVACCINATED and SYMPTOMATIC** must quarantine for a minimum of 14 days from the last date of contact, if the infected individual is **able to isolate** away from others in the home. Testing is recommended immediately if symptoms are present. If test results are positive, the period of isolation will be reduced to 10 days from the date of symptom onset.
- Household contacts who are **UNVACCINATED and SYMPTOMATIC** must quarantine for an additional 10 days after the infected individual's isolation period has ended if the infected individual is **unable to isolate** in the home. Testing is recommended immediately if symptoms are present.

Quarantine Guidelines for UNVACCINATED NON-HOUSEHOLD CONTACTS

- Non-household contacts who are **UNVACCINATED and ASYMPTOMATIC** must quarantine for a minimum of 10 days from the last date of contact with the infected individual. Quarantine can be reduced to 7 days with a negative result from a professionally administered PCR or rapid antigen test administered on or after Day 5 following exposure. Test results must be provided to WCHD to qualify for Early Release.
- Non-household contacts who are **UNVACCINATED and SYMPTOMATIC** must quarantine for a minimum of 10 days from the last date of contact with the infected individual. Testing is recommended immediately if symptoms are present.
- Non-household contacts who are **UNVACCINATED and SYMPTOMATIC** are NOT eligible for early release, regardless of testing outcomes.



COVID-19

To maximize protection from the [Delta variant](#) and prevent possibly spreading it to others, wear a mask indoors in public if you are in an [area of substantial or high transmission](#).

Families with Vaccinated and Unvaccinated Members

Updated Aug. 4, 2021

[Print](#)

What You Need to Know

- If you've been [fully vaccinated](#) against COVID-19, you've taken the first step toward protecting yourself and your family and [returning to many of the activities](#) you did before the pandemic.
- To maximize protection from the Delta variant of the virus that causes COVID-19 and prevent possibly spreading it to others, wear a mask indoors in public if you are in an [area of substantial or high transmission](#).
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.

How can I protect my unvaccinated family members?

These are the best ways to protect your unvaccinated family members, including children who cannot get vaccinated yet:

- Get [vaccinated](#) yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- Be sure to get everyone in your family who is 12 years or older vaccinated against COVID-19.
- Wear a [mask](#).
 - To maximize protection from the Delta variant and prevent possibly spreading it to others, have everyone in your family, even those who are vaccinated, wear a mask indoors in public if you are in an [area of substantial or high transmission](#).
 - You might choose to have everyone in your family, even those who are vaccinated, wear a mask indoors in public regardless of the level of transmission in your area.
 - Unvaccinated family members, including children 2 years and older, should wear a mask in all indoor public settings.
 - To set an example, you also might choose to wear a mask.
 - Do NOT put a mask on children younger than 2 years old.



Find a COVID-19 Vaccine: Search [vaccines.gov](#), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

How do I protect a family member who has a condition or is taking medications that weaken their immune system?

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- If you live with someone who has a weakened immune system or is at [increased risk for severe disease](#), you might choose to wear a mask in all indoor public settings regardless of the level of transmission in your area.

Choose safer activities for your family.

- Outdoor [activities](#) are safer than indoor ones. If you are indoors, choose a location that is [well ventilated](#), for example a room with open windows, and [know when to wear a mask](#).
- Avoid activities that make it hard to stay 6 feet away from others.
- If your family member is younger than 2 years old or cannot wear a mask, limit visits with people who are not vaccinated or whose vaccination status is unknown and keep distance between your child and other people in public.

Regardless of which safer activities your family chooses, remember to [protect yourself and others](#).

If you are fully vaccinated, see [When You've Been Fully Vaccinated](#).

Related Pages

- › [When You've Been Fully Vaccinated](#)
- › [Key Things to Know About COVID-19 Vaccines](#)
- › [Your Guide to Masks](#)
- › [How to Protect Yourself & Others](#)

Last Updated Aug. 4, 2021



COVID-19 in Schools

If a student, teacher, or staff member tests positive for COVID-19 or thinks they may have COVID-19, follow this guidance to keep the community safe.

WHAT TO DO

Anyone who thinks they may have COVID-19 should stay away from school

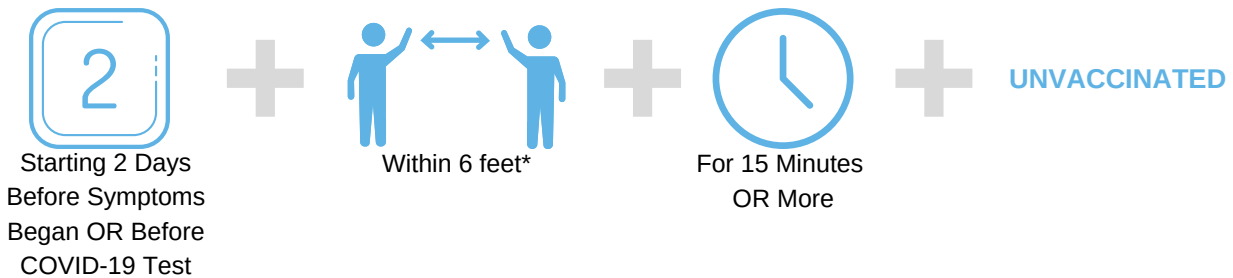
All students, teachers, and staff who think they may have COVID-19 should stay away from school even if they have been vaccinated for COVID-19. Symptoms of COVID-19 include fever, chills, new cough, shortness of breath, headache, sore throat, vomiting, diarrhea, and loss of taste or smell. Sick persons are advised to get a COVID-19 test and stay away from school while awaiting test results to prevent unknowingly exposing others.

Anyone with a positive COVID-19 test should self-isolate for 10 days even if they are vaccinated

Anyone who has tested positive for COVID-19 should notify the school immediately and self-isolate (stay away from school and others) for 10 full days starting from either the first day of the start of symptoms, or the day of testing if the person does not have symptoms. If the positive test is from an "at home" test kit that is not monitored by a trained health official, then the test might not be reported to the health department; the individual should continue to self-isolate and obtain an additional test from a medical provider or school recommended testing site to confirm the test result. If no additional test is received, the person should still self-isolate for 10 days.

WHO SHOULD QUARANTINE

Exposure at school: If a student, teacher, or staff member tests positive, the school should be informed immediately so that close contacts can be identified and those who need to quarantine can be notified. This is critical to slowing the spread of COVID-19.



- Unvaccinated contacts should quarantine for **10 full days if they have NO symptoms**; quarantine may be shortened to **7 days** if they have **NO symptoms** and **test negative (PCR or antigen) on or after day 5 of quarantine**. Learn more about the [CDC Quarantine Guidance](#).
- Fully vaccinated contacts do not need to quarantine unless they are experiencing symptoms of COVID-19, but are recommended to get a COVID-19 test 3-5 days after their exposure.

*In the K-12 indoor setting, students who are ≥ 3 feet away from an infected student do not need to quarantine if both students were consistently wearing masks. This exception does not apply to teachers, staff, other adults, or exposures outside of the classroom.

August 18, 2021



COVID-19

When You've Been Fully Vaccinated

How to Protect Yourself and Others


Updated July 27, 2021

[Print](#)

Safer Activities for You and Your Family

- If you are fully vaccinated, you can participate in many of the activities that you did before the pandemic.
- To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- You should continue to wear a mask where required by laws, rules, regulations, or local guidance.



 If you haven't been vaccinated yet, [find a vaccine](#).

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can do things that they had stopped doing because of the pandemic.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for healthcare settings.

Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated: [±]

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may not be fully protected even if you are fully vaccinated. You should continue to take all precautions recommended for unvaccinated people until advised otherwise by your healthcare provider.

What You Can Do



If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#).
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to [the situation at your international destination](#) before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to [show a negative test result](#) or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've had [close contact](#) with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.



About the Delta Variant: Vaccines are highly effective against severe illness, but the [Delta variant causes more infections and spreads faster](#) than earlier forms of the virus that causes COVID-19. [Learn more about variants in the US.](#)

What You Should Keep Doing



For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you [travel](#), you should still take steps to [protect yourself and others](#).
- [Wearing a mask over your nose and mouth is required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).
- Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others. If your test is positive, isolate at home for 10 days.

- People who have a condition or are taking medications that weaken the immune system, should continue to take all [precautions](#) recommended for unvaccinated people until advised otherwise by their healthcare provider.

What We Know

- COVID-19 vaccines are safe and effective at preventing COVID-19, including severe illness and death.
- COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.
- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.
- If you are fully vaccinated and become infected with the Delta variant, you can spread the virus to others.
- People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

What We're Still Learning

- How long COVID-19 vaccines can protect people.

Want to learn more about these recommendations? Read our expanded [Interim Public Health Recommendations for Fully Vaccinated People](#).

± This guidance applies to COVID-19 vaccines currently authorized for emergency use by the U.S. Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson & Johnson (J&J)/Janssen COVID-19 vaccines. This guidance can also be applied to COVID-19 vaccines that have been listed for emergency use by the World Health Organization (e.g. AstraZeneca/Oxford).

Related Pages

- › [Interim Public Health Recommendations for Fully Vaccinated People](#)
- › [Science Brief: Background Rationale and Evidence for Public Health Recommendations](#)
- › [Infection Control after Vaccination for Healthcare Workers](#)

Last Updated July 27, 2021

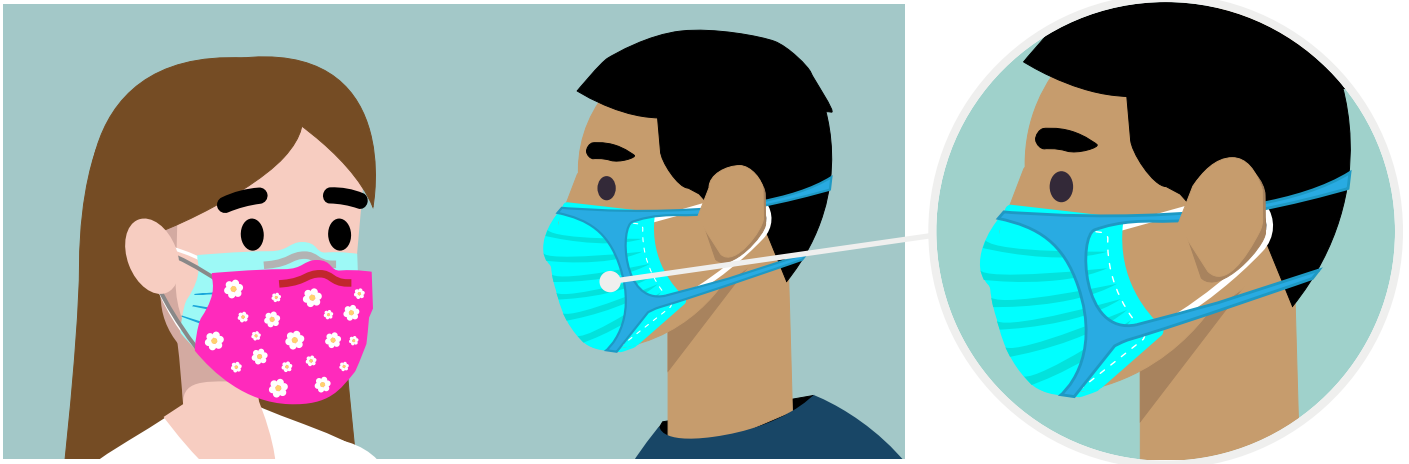
FIT & FILTRATION: YOUR KEY TO A BETTER MASK

Two important steps to choosing a mask

Make sure it fits



- Your mask should fit snugly over your nose, mouth, and chin.
- Choose a mask with a nose wire.



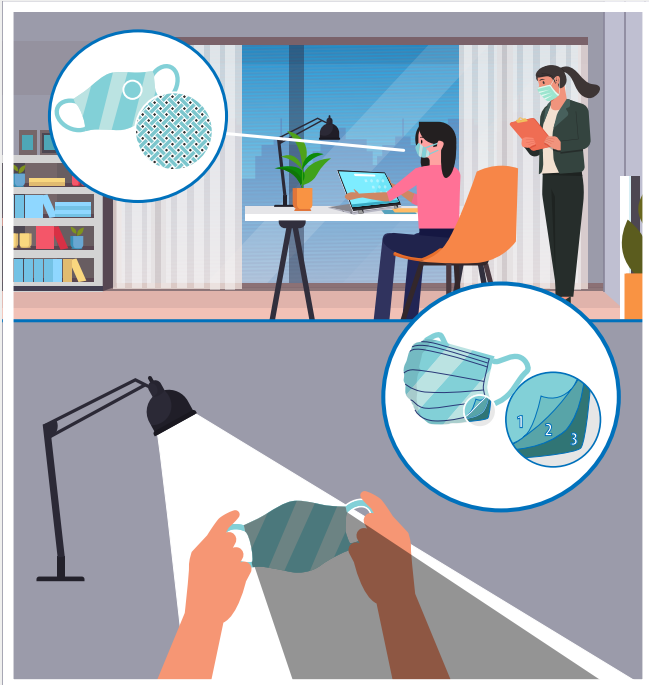
- Wearing a cloth mask over a disposable mask makes your disposable mask fit better.
- You can also choose to use a mask fitter or brace.



cdc.gov/coronavirus



Look for multiple layers of tightly woven, breathable fabric



- Use a cloth mask that has multiple layers of fabric.
- Make sure you can see and breathe easily.



- Wear a cloth mask over a disposable mask to add additional layers.
- Do not combine two disposable masks.

If your child has been exposed to COVID:

Be prepared to talk to your local health department about:

- Your child's exposure to the infected individual
- Any symptoms your child may be experiencing
- Your child's health history
- Quarantine options and requirements for early release



Keep your child home and monitor for symptoms:

- Fever or chills
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Difficulty staying awake
- New loss of taste or smell
- Headache
- Shortness of breath
- Confusion
- Blue nail beds, lips



Take steps to protect your child, yourself, and others:

- Discuss your child's options for quarantine to make the best plan for your family.
- Distance your child from the other members of your family as much as possible to prevent others in your family from potential exposure.
- Notify friends, family members, and employers that your child has been exposed to an infected individual.
- If your child's symptoms progress or if other members of your family become sick, please don't hesitate to get help!



For more information, contact **WCHD** at **859-873-4541**

If you were exposed to COVID-19:

Be prepared to talk to your local health department about:

- Your exposure to the infected individual
- Any symptoms you may be experiencing
- Your health history
- Date of your quarantine period and release



Monitor yourself for the following symptoms:

- Fever or chills
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Difficulty staying awake
- New loss of taste or smell
- Headache
- Shortness of breath
- Confusion
- Blue nail beds, lips



Take steps to protect yourself, our family, and others:

- Quarantine for 7, 10, or 14 days, per your health department disease investigator's recommendations
- Distance yourself at least 6 feet from people in your home, using a separate bathroom, if possible
- Notify friends, family members, and employers that you have been exposed to an infected individual.
- Stay home for the duration of your quarantine period unless you need medical attention.



For more information, contact **WCHD** at **859-873-4541**

COVID-19 Patient Guidance

If you tested positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

WHAT TO DO



You May Have COVID-19, Please Self-Isolate

Please stay home while you wait for your test result to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19. They will also tell your Local Health Department. You should stay home and only leave to get medical care. Stay in a specific room and away from other people and pets. If possible, try to use a different bathroom.



You May or May Not Have Symptoms

You may have symptoms or no symptoms at all. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If your symptoms worsen and you feel you need care, contact your medical provider.



If You Test Positive, Your Help is Needed

If your test is positive, please follow the above self-isolation guidance. Also, please quickly notify your contacts as described below to stop the spread of disease. You may not receive a phone call from your Local Health Department so following this guidance is extremely important.

If you are called, please share your recent contacts and places you have been in the last few days to slow the spread.



You Can Ask for Help

If you are sick, please contact your healthcare provider or seek medical care. Additionally, you can reach your Local Health Department by calling 1-844-KYTRACE.

KEEP OTHERS SAFE



Call Your Friends, Family, School, and Work

If you test positive, please quickly tell your close contacts who should quarantine for 14 days since last seeing you. This is critical to slowing the spread. Close contacts have been around you:

Starting 2 Days Before Symptoms Began OR Before COVID-19 Test



Within 6 feet



For 15 Minutes OR MORE

