

CRST Health Department

Quarantine and Isolation Policy for Covid-19

Updated November 8, 2021

Quarantine vs. Isolation

You quarantine when you might have been exposed to the virus.

You isolate when you have been infected with the virus, even if you don't have symptoms.

Quarantine

- Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated.
- People who are in Quarantine must stay home or at a designated Quarantine and Isolation Site until it's safe for them to be around others.
- People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
- However, fully vaccinated people must test 8 days after their exposure, even if they don't have symptoms and wear a mask indoors in public areas.

What to do

- Stay home for 10 days or test negative on day 8 after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

- People who are in isolation must stay home or at a designated Quarantine and Isolation Site until it's safe for them to be around others.
- At home, anyone sick or infected must separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).
- Covid-19 Positive Individuals isolating in households with non-Covid-19 Positive individuals must wear a mask.

What to do

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

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<https://www.crstcoronavirusupdates.com/>