If you have been exposed to COVID-19
Make a quarantine plan

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

Quarantine as soon as possible after close contact with someone who has tested positive for COVID-19. COVID-19 is highly contagious. The faster you begin your quarantine period, the more likely you are to break the chain of infecting others.

Quarantine reduces the spread of a virus when someone who was potentially exposed stays away from others.
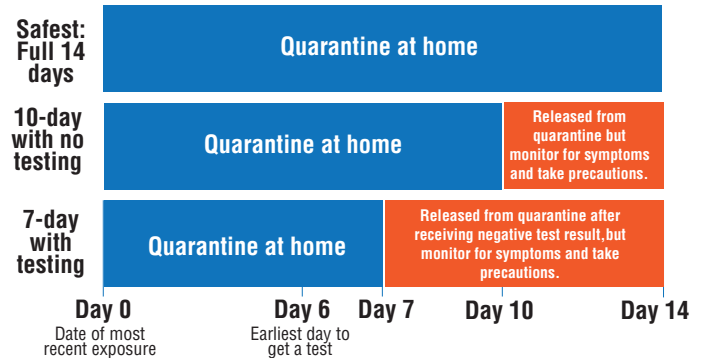
- Stay home until your quarantine period is over except to get tested or emergency medical care. Avoid all public places and transportation.
- Inform your work or your child's school that you are in quarantine. If you cannot work from home, ask your employer about COVID-19 sick leave.
- Keep at least 6 feet away from other people in your household.
- Avoid sharing personal household items. Wash your hands and frequently touched surfaces regularly.
- If you need non-medical help (e.g., groceries or other support), call 2-1-1 or 1-800-478-2221.

There are three quarantine options

1. The CDC recommends a 14-day quarantine. However, the CDC also outlines two options to shorten quarantine.
2. If testing is available, test no earlier than day six of your quarantine and continue to quarantine until your test result comes back. Quarantine must last for a full seven days; you can be released on day 8 if you receive a negative test.
3. If testing is not available, quarantine for 10 days after your exposure to COVID-19; you can be released on day 11 as long as you have never had symptoms.

If you develop any symptoms or your test result is positive, immediately self-isolate for 10 days from the onset of symptoms, and get tested if you haven't yet.

Quarantine for people with no symptoms

Safest: Full 14 days	Quarantine at home	
10-day with no testing	Quarantine at home	Released from quarantine but monitor for symptoms and take precautions.
7-day with testing	Quarantine at home	Released from quarantine after receiving negative test result, but monitor for symptoms and take precautions.

Day 0	**Day 6**	**Day 7**	**Day 10**	**Day 14**
Date of most recent exposure	Earliest day to get a test			

*If symptoms develop, isolate and get tested.

Regardless of which quarantine option you choose:

- Watch for symptoms until 14 days after exposure.
- Continue to practice COVID-19 prevention measures around others: wear a mask, stay 6 feet from others, wash your hands and avoid crowds.
- If you or a member of your household has additional close contact with a person with COVID-19 during your quarantine period, you will need to restart your quarantine.
- If you are in need of a letter for return to work or school after your quarantine, a *letter template is available on the DHSS website.*

During quarantine, monitor yourself for fever and other COVID-19 symptoms.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Last updated January 20, 2021

Make a quarantine calendar
Put your quarantine plan into action

QUARANTINE CALENDAR

Last close contact with COVID-19 positive person (day 0)

If available, test for COVID-19 (day 6)

Earliest day to end quarantine with negative test (day 8)

End of 10-day quarantine with no test (day 11)

End of full 14-day quarantine (day 15)

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				

Quarantine Calendar

SUN	MON	TUE	WED	THUR	FRI	SUN

I was last in close contact with a person who tested positive for COVID-19 on (*date of last contact:_____*) and may have been exposed. My home quarantine and self-monitoring period will begin on that day.

If testing is available, I will get a test on day 6 (date: _____). If I receive a negative result, I may end my quarantine after 7 days, on day 8 (date: _____).

If testing is not available, I may end my quarantine after 10 days on day 11 (date: _____).

If I do not exhibit any symptoms of COVID-19 infection, I can return to work and other activities the day after my quarantine ends.

If I become symptomatic and/or test positive for COVID-19, I will isolate.

Seek immediate medical care or call 911 if you develop:
- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe, constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

STATE of ALASKA — Department of Health and Social Services

ANCHORAGE HEALTH DEPARTMENT

FOR MORE INFORMATION
www.coronavirus.gov and covid19.alaska.gov
Contact your local health authority or emergency operations center.
If you have been tested but do not receive results after 3 days, please contact your testing facility.

Thank you. *Your quarantine action stops the spread of COVID-19.*