

Summary of Quarantine Actions when exposed to someone with COVID-19

1. Avoid public places for 14 days after the last day you were in close contact with the sick person.
 - Remain in the location that has been designated for your quarantine.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores or other public places.
2. After 14 days from the last day you were in close contact with the sick person, and are not showing symptoms, you may resume all normal activities.

Isolation Actions if you have COVID-19

1. Stay home, except to get medical care.
2. Separate yourself from other people and animals in your home.
3. If possible, wear a face mask when you are around other people or pets, and before you enter a healthcare provider's office.
4. Monitor your symptoms
5. Practice actions that protect others
 - Clean your hands often
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Cover your coughs and sneezes
 - Avoid sharing personal household items
 - Clean high touch surfaces every day
6. Discontinuing home isolation
 - Remain under home isolation precautions until:
 - 10 days after your symptoms started or 10 days after you are discharged from the hospital (unless you met criteria for discontinuation of isolation while hospitalized), even if you are treated with antiviral medications, AND
 - You have had no fever for at least 72 hours and your symptoms are improving.

Link to Guidance from CDPHE on Quarantine and Isolation:

<https://covid19.colorado.gov/covid-19-in-colorado/about-covid-19/isolation-and-quarantine>