

### 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. Stay at home or stay in your same location for 14 days after your last exposure so you don't spread the disease to healthy people.
  - If you have been exposed to someone with COVID-19, you must complete a full 14 days of quarantine, regardless of test results. If you live with someone who has COVID-19 and are caring for them or continuing to have contact, quarantine as soon as you know you have been exposed. Your quarantine should continue for 14 days after the end of the infected person's isolation period or 14 days after your last contact with the infected person.

### 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:
    1. You have had no fever for at least 24 hours (without using medicine that reduces fevers) AND
    2. other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    3. At least 10 days have passed since your symptoms first appeared
  - If you tested positive and have not had symptoms, you should be in isolation for 10 days starting with the date of your positive test.

Link to Guidance from CDPHE on Quarantine and Isolation:

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