Warren County Health District

Public Health
Prevent. Promote. Protect.

Self Quarantine Options After Close Contact with a COVID-19 Case

Close contact is considered being closer than 6 feet to a case for 15 minutes or more during a 24 hour period

Please speak to your employer, educational provider, childcare facility, or leaders of another setting outside of your household as to which option is right for their facility

With options, if you have ***any*** symptoms you must seek viral testing to identify if you have COVID-19

Option 1

Optimal Duration to Minimize Risk of Transmission

14 Day Quarantine

Standard 14-day quarantine period. A 14-day quarantine period presents the lowest risk of postquarantine transmission. This strategy is preferred for people living, working, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible.

Viral Testing Requirements:

This option does not require viral testing to be released from quarantine.

Option 2

↑ Increased Risk of Transmission from 14 Day

10 Day Quarantine

Stay at home for at least 10 days after last exposure

AND

Symptom monitoring through day 14

Viral Testing Requirements:

This option does not require viral testing to be released from quarantine. Consider obtaining a viral test at the end of this period (day 8 or later) to increase certainty that the individual is not infected, but quarantine cannot be discontinued earlier than after day 10.

Option 3

↑↑ Increased Risk of Transmission from 10 Day

7 Day Quarantine with PCR Test

Negative test result from a PCR test collected on day 5 or later after last exposure

AND

Stay at home for at least 7 days after last exposure

AND

Symptom monitoring through day 14

Viral Testing Requirements:

This option requires a negative PCR test where the viral sample was collected at day 5 or later. The individual under quarantine must stay isolated until the results of the test are received, even if that would extend the quarantine past a standard 14-day quarantine. A PCR or other Nucleic Acid Ampification (NAA) test is considered to be the "gold standard" for viral testing and is the best suited to finding an active infection.

Option 4

↑↑↑ Highest Risk of Transmission of All Options

7 Day Quarantine with Antigen Test

Negative test result for from an antigen test collected on day 5 or later after last exposure

AND

Stay at home for at least 7 days after last exposure

AND

Symptom monitoring through day 14

Viral Testing Requirements:

This option requires a negative antigen test where the viral sample was collected at day 5 or later. The individual under quarantine must stay isolated until the results of the test are received, even if that would extend the quarantine past a standard 14-day quarantine. An antigen viral test is considered to be less accurate in finding an active infection than a PCR test, meaning there is a higher risk of missing an active infection with this strategy.

https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/infectious-disease-control-manual/section3/section-3-coronavirus-disease-2019
https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html