



This information paper is for persons determined to be close contacts of individuals with confirmed 2019 Novel Coronavirus Disease, referred to as “COVID-19.” Persons in close contact with COVID-19 cases are at risk of contracting COVID-19, warranting quarantine. Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others, in order to prevent the possible spread of the communicable disease.

**Persons fully vaccinated against COVID-19** with an exposure to someone with suspected or confirmed COVID-19 are **not required to quarantine** if they meet **ALL** of the following criteria:

- Are fully vaccinated (*i.e.*, ≥ 14 days following receipt of the second dose in a 2-dose series, or following receipt of one dose of a single-dose vaccine)
- Remain within 90 days of receipt of the last dose in a COVID-19 vaccine series
- Remain asymptomatic. *Individuals should self-monitor for 14 days after any close contact with a COVID-19 case and seek medically assessment / testing if symptoms develop.*

#### **Public Health Quarantine Guidelines:**

- Avoid public places for 14 days from the last day you were exposed. **STAY HOME.**
  - Stay away from others, especially those at higher risk for getting very sick from COVID-19
  - Remain in a designated location.
    - Do not go to work. Working from a home-based office is permitted.
    - Do not go to school, grocery stores or other public places.
  - Do not travel by any form of public transportation.
  - If you do not have respiratory symptoms, you are authorized limited outdoor activities (*e.g. take a walk*) as long as you remain at least 6 feet from other individuals at all times.
- Monitor your health for fever ( $>100.4^{\circ}F$ ), cough, or shortness of breath or other COVID-19 symptoms (*chills, body aches, sore throat, headache, diarrhea, runny nose, nausea/vomiting*), for 14 days after the last day you were in close contact with the infected person.
  - **Isolate if symptoms develop.**
  - Call your PCM with questions or concerns, or contact the Fort Carson COVID-19 Hotline at **719-524-2684**, Monday-Friday, 0700-1500
- Regularly clean high touch areas with a disinfecting cleaning solution.
- Prior to seeking ANY medical attention in an office, clinic, or hospital, call and inform your healthcare providers that you are on Quarantine from exposure to COVID-19. If your condition requires calling 911, you **must** also inform the 911 operator of your Quarantine status.

**Discontinuing Quarantine.** Quarantine lasts for 14 days after the last day of exposure to an infected person. After this time, you may resume all normal activities as long as you are symptom-free.

*Please note: This information is currently followed on Fort Carson, CO. Quarantine guidelines and discontinuation may vary in different jurisdictions and places of employment. Please refer to the Centers for Disease Control and Prevention website for further information: <https://www.cdc.gov/>*