

Do I need to Quarantine?

Guidelines from WKU (rev. 1/12/21)

Quarantine is used to keep someone *who might have been exposed to COVID-19* separated from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Do I need to quarantine?

You need to quarantine if you have been in **close contact** with someone who has been diagnosed with COVID-19 (excluding people who have had COVID-19 within the past 3 months). If you answer “yes” to any of the following statements, you need to quarantine for 10 days from the known exposure and have a negative COVID-19 test at the end of the period. If you do not take a test, the quarantine period is 14 days.

What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

If you are unsure about whether you need to quarantine, call the COVID hotline at 270-745- 2019 or email covid.help@wku.edu.

What do I need to do during quarantine?

- Stay in your residence for 10 days after your last contact with a person who has COVID-19, then take a COVID-19 test.
- Watch for fever (100.4°F), cough, or shortness of breath of COVID-19. Seek medical care if you are experiencing symptoms. People with COVID-19 have a wide range of symptoms – and can include the following:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Scratchy or sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
- If you or someone you know is experiencing a medical emergency, dial 9-1-1.

See scenarios below to determine when you can end quarantine and be around others:

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Scenario 1: Close contact with someone who has COVID-19 – will not have further contact.

Example: I talked to friend after class in DSU on March 1 for 15 minutes. Today I found out they had COVID-19 at the time, but I will not have further interactions with the student while they are sick.

Your last day of quarantine is 10 days from the date you had close contact. For example, if you had close contact on March 1, then you would quarantine through March 11.

Scenario 2: Close contact with someone who has COVID-19 – live with the person, but can avoid further close contact.

Example: My roommate in an off-campus house has COVID-19 and was diagnosed on March 3. I will isolate and stay in a separate bedroom and not have close contact with the person since they are isolated.

You should stay away from your roommate (if possible). If you have shared spaces, try and limit your time in the same space. If you must be in the same space together, then both of you must wear masks and stay 6 feet apart. Ensure that you are wiping down shared surfaces in kitchens and bathrooms with cleaning products after each use.

Your last day of quarantine is 10 days from the date you had close contact. For example, if you had close contact on March 3, then you would quarantine through March 13.

Scenario 3: Under quarantine and an additional close contact with someone who has COVID-19.

Example: I started quarantine four days ago because of contact with a friend who is positive, but my roommate tested positive today. Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19.

Your last day of quarantine is 10 days from the date you had close contact. For example, if you had close contact on March 3 with your friend, then you would quarantine through March 13. If your roommate tests positive on March 5, then you will need to quarantine through March 15.

Scenario 4: Close contact with someone who is exhibiting COVID-19 symptoms, but has not gotten a test result back.

Example: My roommate woke up with a fever and went to the health center to get tested. Can I go to class?

No. You should stay at home and quarantine until you know the result of your roommate's test. If your roommate is positive, you will need to quarantine for 10 days. If he is negative, you don't need to quarantine.

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Scenario 5: Close contact with someone who has COVID-19, but I took a test and it was negative.

Example: My roommate has COVID-19 and I was ordered to quarantine, but I took a test and I was negative. Can I quit quarantine early?

No. You must stay in quarantine for 10 days because you could still become positive during the incubation period.

Scenario 6: Close contact with a "close contact" of someone who has COVID-19.

Example: My roommate came into close contact with someone who has COVID-19. Do I need to quarantine?

No. You are not considered a "close contact" unless your roommate ends up getting COVID-19. If your roommate gets COVID-19, then you will need to quarantine for 10 days.

If I've had COVID-19, when can I be around other people?

You can be around others after:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>