

COVID-19 FAQs

Quarantine

Q: What is quarantine?

A: Quarantine is used to keep someone *who might have been exposed to COVID-19* away 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.

Q: Who needs to quarantine?

A: Anyone who has been in close contact with someone who has COVID-19 should quarantine. You also should quarantine if you return to or are visiting Ohio from a state with a high percentage of positive COVID-19 tests (15% or more of tests positive). For more information and a current list of these high-risk states, visit the [COVID-19 Travel Advisory Page](#).

Q: What counts as close contact?

A: You have had close contact if:

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

Q: What do I need to do if I am in quarantine?

A: You should:

- Stay home, except to seek medical care, for 14 days after your last contact with a person who has COVID-19 or 14 days after your last day in a high-risk state.
- Stay in a separate room from others in your home. If this is not possible, wear a face covering when in the same room and stay at least 6 feet from others.
- Do not have visitors.
- Watch for fever (100.4 degrees F or higher), cough, shortness of breath, or [other symptoms](#) of COVID-19. If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19.

- Follow directions from your [local health department](#).

Q: When should I start and end quarantine?

A: You should stay home for 14 days after your last contact with a person who has COVID-19 or after your last day in a high-risk state.

Q: What if I get a negative test showing I don't have COVID-19?

A: Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine), since symptoms may appear two to 14 days after exposure to the virus. It could take days before the infection shows up on a lab test.

Q: What if I ended up having a repeat close contact with the person who is sick during my quarantine? What if I have contact with someone else sick with COVID-19? Do I need to restart my quarantine?

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

Q: What if I live with someone who has COVID-19 and cannot avoid continued close contact?

A: You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

Updated July 30, 2020.

For additional information, visit [coronavirus.ohio.gov](#).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

Protect yourself and others from COVID-19 by taking these precautions.

PREVENTION

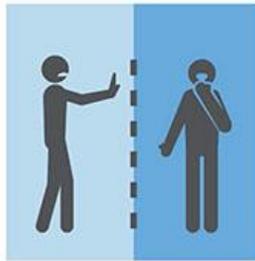
For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME EXCEPT FOR WORK AND OTHER NEEDS



WEAR A FACE COVERING WHEN GOING OUT



PRACTICE SOCIAL DISTANCING OF AT LEAST 6 FEET FROM OTHERS



SHOP AT NON-PEAK HOURS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



DON'T WORK WHEN SICK



CALL BEFORE VISITING YOUR DOCTOR