Coronavirus Disease 2019

Quarantine Following Possible COVID-19 Exposure

Public health recommendations for COVID-19 continue to evolve and are updated as new scientific evidence becomes available. The Ohio Department of Health (ODH) has modified guidance from the Centers for Disease Control and Prevention (CDC) to meet the specific needs of our state and considerations for local circumstances and resources.

Recommendations for quarantine adapted by ODH support efficient use of resources and a reduced risk of post-quarantine transmission. Healthcare facilities, in consultation with local health departments, may also consider CDC's Strategies to Mitigate Healthcare Personnel Staffing Shortages.

ODH Recommended Options for Quarantine Following Possible COVID-19 Exposure

	Duration of Quarantine	Recommended Actions
Optimal Duration to Minimize Risk of Transmission	Stay at home for at least **14 days*** after last exposure. * A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, working at, 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.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through **day 14**. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
Reduced Duration 1	Stay at home for at least **10 days** after last exposure.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through **day 14**. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10. Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
Reduced Duration 2	**Negative test result** for SARS-CoV-2 (the virus that causes COVID-19) from a sample collected on day five or later after last exposure **AND** stay at home for at least **seven days** after last exposure.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through **day 14**. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.

Quarantine is not required for anyone who has been **fully vaccinated** against COVID-19 and shows no symptoms. Vaccine recipients are considered "fully vaccinated" two weeks after receiving a second dose of the Moderna or Pfizer vaccine or two weeks after receiving the single-dose Johnson & Johnson (Janssen) vaccine. However, anyone living in a group setting, like a group home, should stay away from others for **14 days** and get tested, even if there are no symptoms and regardless of vaccination status.

Updated March 30, 2021.
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.

Ohio | Department of Health