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It is recommended that you avoid people who are immunocompromised or at high risk of severe disease, and those in nursing homes and other high-risk settings until at least 10 days after your last exposure, regardless of any test results during quarantine.

If you are unable to wear a well-fitting mask for any reason, it is recommended that you quarantine for the full 10 days, regardless of test results.

Quarantine for vaccinated individuals who ARE considered up to date on their COVID-19 vaccination*

*Determine if you are up to date by visiting: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Individuals

Considerations During Quarantine

If possible, stay away from other people living in your home, especially those who are at high risk for getting very sick from COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

If you are contacted by public health, enroll in active monitoring. Through active monitoring, you will report your temperature and any symptoms to the Georgia Department of Public Health each day, either by responding to a text message or calling 1-888-357-0169 if you are unable to text.

If you have not been contacted by public health but feel you have been exposed to COVID-19 and have questions, please call 1-888-357-0169.

If you are a health care provider, emergency medical services worker, first responder, or other critical infrastructure worker, you may continue to work, in consultation with your workplace occupational health program and if necessary to ensure adequate staffing, if you have no symptoms, wear a mask while on duty, and remain at home at all other times. Please see more information at <https://www.cdc.gov/coronavirus/2019-ncov/community/critical-infrastructure-sectors.html>

Congregate settings include both healthcare congregate settings, such as long-term care facilities, inpatient rehabilitation facilities, etc. and non-healthcare settings, such as jails, prisons, shelters, etc. Dormitories are not typically considered a congregate setting in determining quarantine requirements. If you live or work in a congregate setting, you should follow CDC guidance, where available, for your setting.

COVID-19 Testing

It is recommended that you seek testing during quarantine on day 5 post exposure. The test should be a diagnostic test (PCR or antigen). You should obtain a test earlier in your quarantine if you experience any of the following symptoms:

Fever (measured temperature above 100.4 degrees Fahrenheit, or you feel feverish)

You can find information on how to schedule a test here: <https://dph.georgia.gov/covidtesting>. If you develop symptoms of COVID-19 at any point during your quarantine period, please also follow the guidance below “What should I do if I am a close contact to someone with COVID-19 and get sick?”

If you receive a positive COVID-19 test regardless of your symptom status, you must follow DPH isolation guidelines <https://dph.georgia.gov/isolation-contact>.

How may I have been exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19 and you are unable to maintain 6 feet separation at all times;
- Caring for a sick person with COVID-19;
- Being within 6 feet of a sick person with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period*; OR,
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.) for any amount of time.

*Recommendations may vary on the length of time of exposure, but a cumulative total of 15 minutes of close exposure can be used as an operational definition. There is not enough data currently available to know the exact duration or length of time required to result in infection. Longer exposure time likely increases exposure risk; however, the type of interaction (e.g., did the infected person cough directly in another person's face or did the infected person engage in high-exertion exercise, singing or shouting with others) and other environmental factors (e.g., crowding, adequacy of ventilation, whether exposure was indoors or outdoors) remain important

