



COVID-19



CORONAVIRUS DISEASE 2019



SCHOOL REPORTING RESPONSE PLAN

SEPTEMBER 18, 2020

OVERVIEW

In response to the reopening of schools during the COVID-19 pandemic, Cameron County Public Health has developed the COVID-19 School Reporting Response Plan. The primary purpose of this document is to provide school districts a system for reporting a student and/or staff who has been identified as having tested positive for COVID-19.

Cameron County Public Health is cognizant of the fact that the COVID-19 situation is very fluid and that there may be a need to revise the document as the situation warrants. In order to provide the most updated information and guidance, this document will be based on health information as it is updated by the Texas Department of State Health Services, Centers for Disease Control and Prevention or other leading health authorities and will be revised and updated accordingly and in a timely manner.

Any questions or inquiries regarding this packet may be directed to Ashley Ruiz or Raquel Castillo.

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County Administrator

FACT SHEET

Coronavirus Disease 2019 (COVID-19) is a respiratory illness caused by a new coronavirus called SARS-CoV-2.

Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 can include:

- Fever or feeling feverish
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is not all-inclusive.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Spread

The virus is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread. COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it, and then touching their own mouth, nose, or possibly their eyes.

Prevention

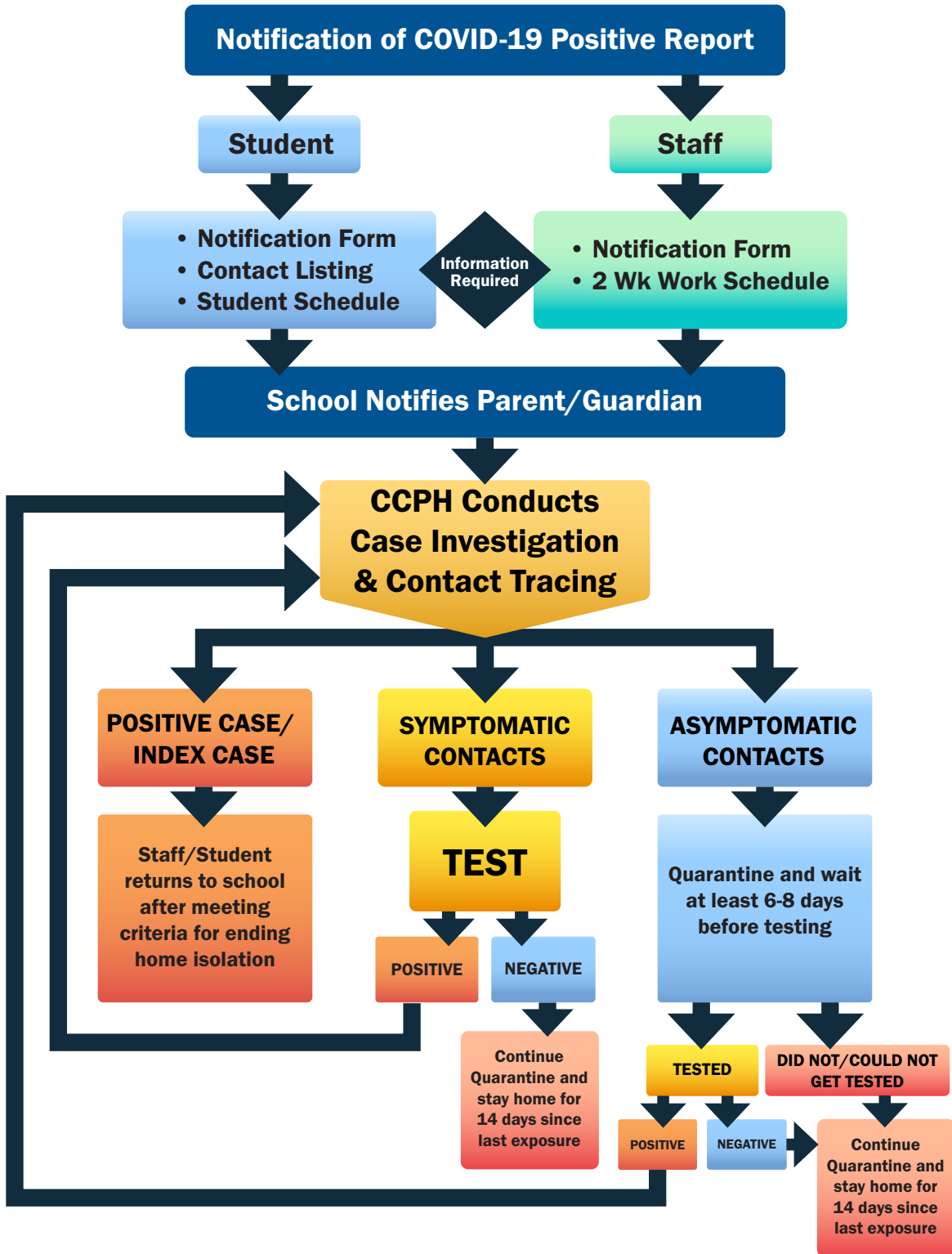
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a cloth face cover when around others.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for distancing.
- If you are not wearing a cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Clean AND disinfect frequently touched surfaces daily.
- If you are sick, call your healthcare provider and isolate.





REPORTING A NEW COVID-19 CASE IN SCHOOL

SEPTEMBER 17, 2020





Cameron County COVID-19 School Notification Form

This form must be used to report cases of Coronavirus Disease (COVID-19) to Cameron County Public Health. A public health investigator may contact you for additional information. [Use one (1) Report Form for each individual case submitted.]

FOR OFFICE USE ONLY ▶	CC#:	Case#:
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ISD Reporting Facility:	School:	Date Submitted:
Name of Person Submitting Report:	Telephone Number:	

First Name:	MI:	Last Name:	Date of Birth: _____	Age:	<input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Student: Grade _____	<input type="checkbox"/> Teacher: Grade _____	<input type="checkbox"/> Staff: Title _____
Guardian's First Name:			Guardian's Last Name:			Contact Number:		
Address:			City:			State: _____ ZIP: _____		

Name of Physician:	Initial Onset of Symptoms: _____
Office Number:	Specimen Collection Date: _____
Were Isolation Instructions Provided? <input type="checkbox"/> Yes <input type="checkbox"/> No Date: ____/____/____	
Was Student Sent Home? <input type="checkbox"/> Yes <input type="checkbox"/> No Date: ____/____/____	

Additional Information: _____

Fax to: (956) 361-8296 Email to: studentreport@co.cameron.tx.us	To speak to staff or report Immediately Reportable Conditions, call (866) 326-3397 or (956) 247-3650
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SAMPLE LETTER TO PARENTS

--SCHOOL LETTERHEAD--

Date

Dear Parent/Guardian:

We are writing this letter to inform you that an individual within your child's school has tested positive for COVID-19. COVID-19, also known as "Coronavirus", is an infectious disease that is spread from person to person and people typically become infected by coming in close contact (within 6 feet) with a person with COVID-19.

In our efforts to stop the possible spread of the disease, Cameron County Public Health is working with us to identify those who were in close contact with the person who tested positive. Cameron County Public Health will be contacting the close contacts and providing further direction as needed. If you are not contacted nor are informed about the need to quarantine, then your child was not identified as a close contact.

In accordance with the Centers for Disease Control and Prevention, the following should stay home until they have met CDC's criteria to discontinue home isolation or quarantine:

- children and staff with symptoms consistent with COVID-19,
- children and staff who test positive for COVID-19, but do not have any symptoms, and
- household members and other close contacts of children or staff with COVID-19.

If your child begins experiencing any COVID-19 symptoms, consult with a health care provider. Symptoms of COVID-19 include, but are not limited to, fever, cough, shortness of breath, sore throat, runny nose, muscle aches, fatigue, headaches, nausea, vomiting, diarrhea, and decreased sense of taste or smell.

If your child tests positive for COVID-19, please notify **the school point of contact** at (956) xxx-xxxx.

Thank you,

School Official



Frequently Asked Questions (FAQs)

This section will be updated as more inquiries are received and more information becomes available.

Q: If a student who is riding the bus has a temperature of 100.4 and is not allowed to get on the school bus but has siblings that present with no fever, do we allow them to get on the bus but only exclude the febrile student?

A: Yes, only the student who present with a fever will be excluded from riding the bus. The siblings will be allowed to ride on bus and attend school even if they have a symptomatic sibling. However, if student is positive for COVID-19 and has siblings in same household, they must be excluded from bus/school until quarantine period ends. (9/18/2020)

Q: A teacher who tested positive for COVID-19 approximately two months ago is now a close contact to a positive case does he or she need to quarantine?

A: Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person. However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home. (9/18/2020)

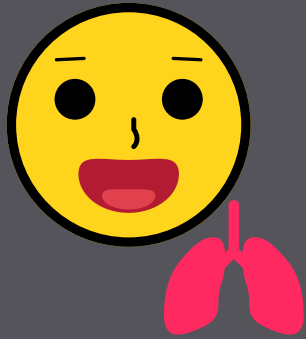
- Has COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)





PRINT MATERIAL

DON'T TOUCH YOUR FACE



The eyes, nose and mouth are an entrance to your respiratory system.



Diseases can spread from your hands to your face by touching it.



People touch their face on average about 12 times per hour.

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956-24/7-3650

cameroncounty.us/publichealth



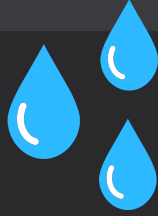


HOW TO WASH YOUR HANDS



DON'T RUSH

According to the World Health Organization, the entire handwashing process should take about 40-60 seconds.



WET YOUR HANDS

You can use either cold or warm water. Warm-to-hot water is best for especially soiled hands.



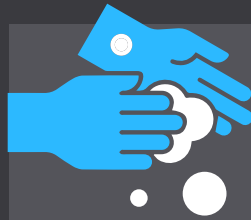
USE SOAP

Apply enough soap to cover all surfaces of your hands.



RUB HANDS

Put your right palm over the back of your left hand with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced.



KEEP GOING

Rub your hands vigorously for at least 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, and under your fingernails.



RINSE

Rinse your hands with water. Dry them thoroughly with a single-use towel or air dryer.



AVOID RECONTAMINATION

Use a single-use towel to turn off the water faucet (if necessary).

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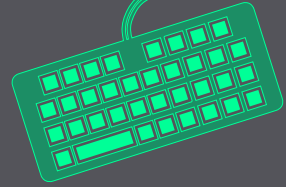
CLEANING & DISINFECTING



CLEAN AND DISINFECT “HIGH-TOUCH” SURFACES

Some examples of “high-touch” surfaces include:

- Tables
- Chairs
- Doorknobs
- Light Switches
- Remotes
- Handles
- Desks
- Keyboards
- Phones
- Tablets
- Toilets
- Sinks



USE HOUSEHOLD CLEANING SPRAYS OR WIPES

Use cleaning sprays and wipes according to the label instructions.



WEAR GLOVES WHEN CLEANING & DISINFECTING

Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each use. Clean hands immediately after gloves are removed.



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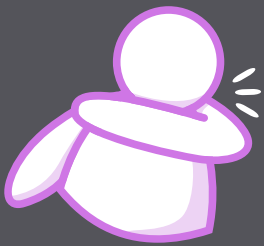




COVER YOUR COUGH



Cover your mouth and nose with a tissue when you cough or sneeze.



No tissue? Cough or sneeze into your upper sleeve or your elbow.
DO NOT cough or sneeze into your hands.



Facemasks are great for protecting others around you if you are sick.



Wash hands often with soap and water for at least 20 seconds. If soap and water is not available, use an alcohol-based hand sanitizer.

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REFERENCE MATERIAL

DECISION TREE TOOL FOR SCHOOL NURSES



STUDENT

presents with a possible COVID-19 symptom(s).

Try to isolate student during evaluation and wear appropriate personal protective equipment (PPE).

Are symptoms consistent with a known underlying condition (e.g., asthma, seasonal allergies)?

YES

Has student had close contact with a confirmed COVID-19 case within the last 14 days?

NO. Administer appropriate intervention for symptoms of condition. Did student's symptoms improve/return to baseline?

YES. Student may return to class per school policy. Parent/guardian should monitor student daily for any worsening or new symptoms.*

NO OR CANNOT DETERMINE IMPROVEMENT.

Exclude student from school per district policy. If symptoms improve with routine treatment of underlying condition, student may return to school per district policy.*

Parent/guardian should monitor student daily for any worsening or new symptoms. If symptoms worsen, refer to physician for evaluation.

YES (or cannot determine if exposed to close contact/meets exposure definition).

- Give student appropriate PPE and isolate until parent/guardian arrives.
 - Administer appropriate intervention for symptoms of condition.
 - Follow local health authority/local health department-recommended protocols regarding report and care of potential COVID-19 cases.
 - Instruct family to quarantine for 14 days any students with unconfirmed COVID-19 who have had close contact with a confirmed COVID-19 case.
 - Refer student to diagnostic testing** or physician. If confirmed or suspected to have COVID-19, student should isolate at home until:
 - 24 hours fever-free (without medication), and
 - Improvement in symptoms, and
 - 10 days have passed since symptoms began;
- OR**
- Cleared of COVID-19 by physician;***
- OR**
- The student has a negative PCR test result indicating symptoms were not due to a COVID-19 infection.

NO OR UNSURE

Has student had potential exposure to a person with confirmed COVID-19 (e.g., had close contact, lived in area with high community transmission, or traveled to an area with high community transmission in the last 14 days)?

NO. For symptoms that require exclusion per district policy, send student home. If symptoms resolve within 24-48 hours, student may return per district policy.

If symptoms persist >48 hours, symptoms worsen, or additional symptoms develop, refer to physician for evaluation.



Physicians Caring for Texans

Medical Standard of Care The information and opinions presented as part of this screening tool should not be used or referred to as establishing medical standards of care for the purposes of litigation, including expert testimony. The standard of care is dependent upon the particular facts and circumstances of each individual case and no generalization can be made that would apply to all cases. Patients should consult with their own physicians for specific medical advice.

*Coinfection of COVID-19 and another illness is possible. If symptoms worsen or new symptoms appear, refer student to testing or to physician for evaluation.

**This can be through a PCR or antigen test. For students without access to a physician, suggest testing locations listed on the [Texas Department of State Health Services website](#).

***A doctor's note or negative test should not be required to return to school. Some tests can yield false negatives if taken too soon, and individuals with confirmed COVID-19 can continue to test positive after the infectious period has passed. Antigen tests currently are not as reliable in determining a true negative.

DECISION TREE A TOOL FOR SCHOOL NURSES

COVID-19
CORONAVIRUS DISEASE



Physicians Caring for Texans

www.texmed.org

  @texmed

 @wearetma

This tool is largely adapted from the Centers for Disease Control and Prevention's (CDC's) [Screening K-12 Students for Symptoms of COVID-19: Limitations and Considerations](#). It does not replace local health guidance or state agency requirements and should complement sound clinical judgment.

COVID-19 Symptoms

- Mild illness is common in pediatric cases. Most present with symptoms of upper respiratory infection.
- Significant symptoms, which may affect students' ability to learn and put them at risk for spreading to others, might be, among others:
 - Fever (in absence of local guidance, defined as 100.4°F per CDC), taking into consideration physical exertion and outside temperature, which may affect temperature reading;
 - New uncontrolled cough that causes shortness of breath or difficulty breathing (for students with chronic allergies/asthmatic cough, a change in baseline uncharacteristic of underlying illness, especially after treatment is administered);
 - New onset of severe headache, especially with fever;
 - Nausea/vomiting, diarrhea, or abdominal pain; or
 - Sore throat.
- Other possible COVID-19 symptoms are:
 - New loss of taste or smell,
 - New onset of fatigue,
 - Congestion/runny nose, or
 - New onset of muscle or body aches.

Exposure Definition

A student is considered to have been exposed if he or she:

- Had close contact[‡] with a person with confirmed COVID-19 within the last 14 days,
- Traveled to an area with high community transmission of COVID-19 identified by a federal, state, or local health authority (within the last 14 days), or
- Lives in areas of high community transmission as defined by the local health department or authority.

[‡] Per CDC, close contact is defined as being within 6 feet of a COVID-19 confirmed case for at least 15 minutes regardless if either was wearing a face covering.

BEEN EXPOSED TO COVID-19?

Be Informed: Know Your Next Steps

Chart provided by the Texas Medical Association COVID-19 Task Force

If you have trouble breathing or other serious symptoms, consult your physician for specific medical advice. This chart is intended for the general public, not health care workers.

COVID-19
CORONAVIRUS DISEASE



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[i](https://www.instagram.com/wearetxma) [@wearetxma](https://www.instagram.com/wearetxma)

YOU HAVE SYMPTOMS**

GET TESTED.

While waiting on your test results, be sure to stay home and away from others.

YOU DID NOT OR COULD NOT GET TESTED

Isolate and stay home until 10 days have passed since you first got symptoms; 24 hours have passed since you had a fever (without medication); and your symptoms have improved.

NOTE: Anyone who lives with you needs to quarantine for 14 days since their last contact with you.



YOU GOT TESTED

YOU TESTED POSITIVE

YOU TESTED NEGATIVE

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you **MUST** go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

YOU HAVE NO SYMPTOMS

CONSIDER GETTING TESTED.

Quarantine and wait at least 6 to 8 days before you test in order to avoid a possible false negative*** result.

Keep in mind that when testing is in high demand, your results may be delayed by several days.

YOU DID NOT OR COULD NOT GET TESTED

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you **MUST** go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

YOU GET SYMPTOMS

STILL NO SYMPTOMS

GET TESTED. While waiting on your test results, be sure to stay home and away from others.

Complete your 14-day quarantine starting from the day you were last exposed to COVID-19.

YOU GOT TESTED

YOU TESTED NEGATIVE

YOU TESTED POSITIVE

YOU DID NOT OR COULD NOT GET TESTED

Quarantine and stay home for 14 days since you were exposed to COVID-19. If you **MUST** go out, wear a mask and stay 6 feet away from anyone who doesn't live with you.

Isolate and stay home until 10 days have passed since you first got symptoms; 24 hours have passed since you had a fever (without medication); and your symptoms have improved.

NOTE: Anyone who lives with you needs to quarantine for 14 days since their last contact with you.

After your quarantine or isolation is over, you can resume normal activities. *But don't forget to wear a mask!*

*People are **contagious** two days before they started having symptoms until at least 10 days after they started having symptoms. People who have no symptoms are considered contagious starting from two days before they got tested, through at least 10 days.

****Symptoms** may include fever or chills, cough, shortness of breath or difficulty breathing, body aches, headache, sore throat, and **other symptoms**.

***A **false negative** test result is when the test result is negative when you actually are infected with COVID-19. This may happen when you test too soon after your exposure, and there is not enough virus in your system to be detected. Avoid a potential false negative by waiting approximately 6-8 days from when you were first exposed before you get tested.

Cleaning And Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.** **Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

Bleach solutions will be **effective** for disinfection **up to 24 hours**.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

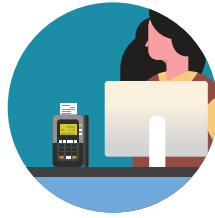
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, remote controls, and ATM machines**
- Consider putting a **wipeable** cover on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

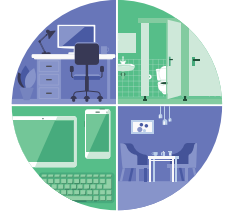
For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves,** and wash hands right away.



Cleaning and disinfecting your building or facility if someone is sick

- **Close off areas** used by the person who is sick.
- **Open outside doors and windows** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the person who is sick**, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- If **more than 7 days** since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.



When cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.



- Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

- **Additional key times to wash hands** include:

- After blowing one's nose, coughing, or sneezing.
- After using the restroom.
- Before eating or preparing food.
- After contact with animals or pets.
- Before and after providing routine care for another person who needs assistance (e.g., a child).

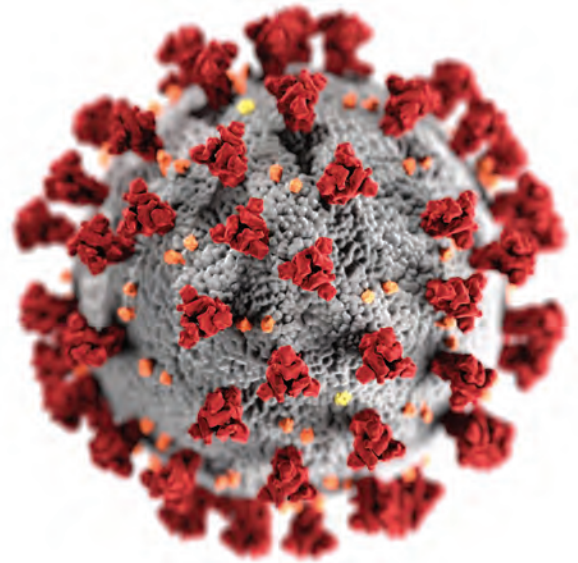
Additional Considerations for Employers



- **Educate workers** performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.
- Provide instructions **on what to do if they develop symptoms within 14 days** after their last possible exposure to the virus.
- Develop **policies for worker protection and provide training** to all cleaning staff on site prior to providing cleaning tasks.
 - Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Ensure workers are **trained on the hazards of the cleaning chemicals** used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200](#)).
- **Comply** with OSHA's standards on Bloodborne Pathogens ([29 CFR 1910.1030](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132](#)).

For facilities that house people overnight:

- Follow CDC's guidance for [colleges and universities](#). Work with state and local health officials to determine the best way to isolate people who are sick and if temporary housing is needed.
- For guidance on cleaning and disinfecting the bedroom/bathroom for someone who is sick, review CDC's guidance on [disinfecting your home if someone is sick](#).



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

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

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

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine



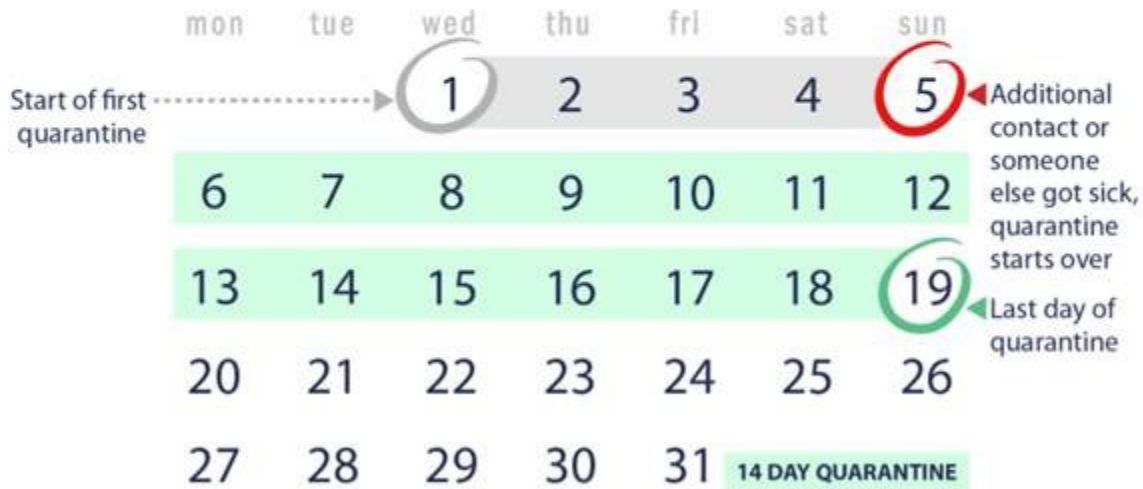
Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

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

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? 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. **Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

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](#).

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.