

## COVID-19 Quarantine Guidelines

OPTIONS	CRITERIA	ACTIVE MONITORING	RESIDUAL RISK
<b>7 days of strict quarantine</b>	<p><b><u>Release on Day 8 IF:</u></b></p> <ul style="list-style-type: none"> <li>· A test (either PCR or antigen) taken on Day 5 or later is negative; AND</li> <li>· The individual has not experienced any symptoms up to that point; AND</li> <li>· The individual conducts active monitoring through Day 14</li> </ul>	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
<b>10 days of strict quarantine</b>	<p><b><u>Release on Day 11 IF:</u></b></p> <ul style="list-style-type: none"> <li>· The individual has not experienced any symptoms up to that point; AND</li> <li>· The individual conducts active monitoring through Day 14.</li> <li>· No test is necessary under this option</li> </ul>		Approximately 1% residual risk of disease development
<b>14 days of strict quarantine</b>	<p><b><u>Release on Day 15 IF:</u></b></p> <ul style="list-style-type: none"> <li>· The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR</li> <li>· The individual indicates they are unwilling or unable to conduct active monitoring.</li> </ul>	No additional active monitoring required	Maximal risk reduction required