COVID-19

Guidance for persons who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends you follow the quarantine guidance below.

How long should you quarantine

1. Quarantine for 14 days after your last exposure to the person with COVID-19. This is the best strategy to prevent further spread. There are options to shorten quarantine as long as you continue to monitor for symptoms and wear a mask when around others for the full 14 days. Consult with your school or work site and follow their guidance for quarantine length.
   ◦ Your quarantine can end 10 days after your last exposure to the person with COVID-19, if you've not experienced any symptoms.
   ◦ Alternatively, your quarantine can end 7 days after your last exposure to the person with COVID-19, if a diagnostic test collected no sooner than day 5 of your quarantine period is negative for COVID-19 and you've not experienced any symptoms.
2. If you live with someone who has COVID-19, your quarantine begins when the sick person can separate from you (in a separate room with a separate bathroom) OR when the sick person has completed their 10-day isolation period).
3. You may not need to quarantine if one or both of the following scenarios apply to you.
   ◦ If you've had COVID-19 illness within the past 90 days and have recovered, you do not have to quarantine as long as you do not develop new symptoms.
   ◦ If it has been 2 or more weeks since you completed a full COVID-19 vaccine series, you do not have to quarantine as long as you do not develop new symptoms. You should get tested 5 to 7 days after your exposure, even if you don't have symptoms, and wear a mask in public for 14 days following exposure or until your test result is negative.

Do these activities while you quarantine

1. Stay home and avoid contact with others.
2. Do not go to work or school.
   ◦ Discuss your situation with your employer or school before returning.
   ◦ DHEC does not provide documentation for returning to work or school. COVID-19 guidance for businesses and schools can be found at: scdhec.gov/covid19.
3. Do not take public transportation, taxis, or ride-shares.
4. If you can't avoid others, wear a mask and stay at least 6 feet away.
5. Get tested for COVID-19 immediately, even if you don't feel sick. If your test results for COVID-19 are negative, you must still complete the full quarantine period. You should also be tested If you develop symptoms of COVID-19 during your quarantine.
6. Monitor for symptoms and practice good hygiene.
   ◦ Watch for fever, cough, trouble breathing, or other symptoms of COVID-19. If you end your quarantine early on day 7 or day 10, continue to monitor your symptoms until it's been 14 days after your last exposure to the person with COVID-19.
   ◦ Cover your mouth and nose with a tissue or your sleeve (not hands) when coughing or sneezing.
   ◦ Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

If you begin to feel ill at any time with fever, cough, shortness of breath, or other symptoms of COVID-19:

- Immediately self-isolate and avoid contact with others.
- Seek testing for COVID-19.
- Seek medical care, if needed.
  - Call ahead before you go to a doctor's office or emergency room and tell them about your possible exposure to COVID-19 and your symptoms.
- Avoid contact with others when you arrive.
- Several South Carolina health systems are offering telehealth screening options to the public.
- For more details, visit scdhec.gov/telehealth.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.