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

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COVID-19

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

If you were around someone with 2019 novel coronavirus (COVID-19), you may have been exposed.

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

How long should you quarantine

1. Staying in quarantine for 14 days after your last exposure to a person with COVID-19 is the best way to prevent more spread. The options below can be used to shorten your quarantine period.
 - 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 period 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 period begins when the sick person can separate from you (in a separate room with a separate bathroom) or when the sick person can no longer spread the virus (generally when they complete a 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 tested positive for COVID-19 within the past 3 months and have recovered, you do not have to quarantine as long as you do not develop new symptoms.
 - If it has been 2 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. For more information on quarantine, visit www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html.

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 www.scdhec.gov/telehealth

Do these activities while you quarantine

1. Stay home and practice social distancing (avoiding 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. Stay about 6 feet away and wear a mask or face covering when you can't avoid others.
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. If you develop symptoms of COVID-19 at any time during the quarantine period, you should also be tested.
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 tissue or a 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.



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