

COVID-19

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

If you have had close contact with someone who has COVID-19, caused by the SARS-CoV2 virus, you may become infected with the virus. For your safety and the safety of others, DHEC recommends you follow the quarantine guidance below.

How long should you quarantine

Your length of quarantine depends on your vaccination and work status

If you:

1. Have been fully vaccinated and boosted. **OR**
2. Completed the primary series of Pfizer or Moderna vaccine within the last 5 months. **OR**
3. Completed the primary series of a single dose of J&J vaccine within the last 2 months. **OR**
4. Completed the full series of a WHO-approved COVID-19 vaccine and boosted if required.

then:

- You do not need to quarantine
- You must wear a mask around others for 10 days
- Get tested on day 5 after exposure

If you develop symptoms at any time, get tested and isolate until you know the results.

If you:

1. Completed the primary series of Pfizer or Moderna vaccine over 5 months ago OR the primary series of a single dose of J&J over 2 months ago AND are not boosted. **OR**
2. Completed the full series of a WHO-approved COVID-19 vaccine and are not boosted if required. **OR**
3. Are immunocompromised and have not received an additional dose of a Pfizer, Moderna or J&J vaccine at least 28 days after completing a primary series. **OR**
4. Are unvaccinated.

then:

- Quarantine for 5 days.
- You must wear a mask if you are around others during the 5-day quarantine, and for 5 additional days.
- Get tested on day 5 after exposure

If you develop symptoms at any time, get tested and isolate until you know the results.

If you are a worker in a health care setting, there are additional crisis and contingency options for staffing shortages. For details see: the *Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2* at: [cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html)

If you live with someone who has COVID-19 and cannot separate from them

- Your quarantine starts on day 1 of the COVID-19 case's isolation, continues through the case's isolation period with an additional 5 days after the case ends isolation.
- After quarantining for 5 days, get tested and you must continue to wear a mask around others through the duration of your quarantine, and for 5 additional days.

If you develop symptoms at any time, get tested and isolate until you know the results.

If you've had a positive SARS-CoV-2 viral test within the past 90 days

- You do not need to quarantine as long as you do not develop new symptoms
- You must wear a mask around others for 10 days
- If at any time you have symptoms, consult your health care provider

While you quarantine you must:

1. Stay home and avoid contact with others.
2. 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](https://www.scdhec.gov/covid19).
3. Not take public transportation, taxis, or ride-shares.
4. Wear a mask and stay at least 6 feet away if you can't avoid others.
5. Monitor for symptoms and practice good hygiene.
 - Watch for fever, cough, trouble breathing, or other symptoms of 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.

See other side for more information.

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.