

Quarantine Guidance for Healthcare and Critical Infrastructure Workers with COVID-19 Exposure



What is exposure? Being within 6 feet of a COVID-19 case for 15 total minutes or more within 24 hours (or any length of time for healthcare workers performing aerosol-generating procedures) without appropriate PPE. This includes any time up to 48 hours before they developed symptoms.

No My work has to close without me. Yes

Quarantine at home.

Continue to work with prevention measures.

How do I quarantine at home?

For 14 days after your last exposure:

- **Quarantine at home.**
 - Healthcare workers: quarantine for 14 days.
 - Other workers: quarantine for 10 days, then follow all guidance in next column for 4 more days. Your employer may require 14 day quarantine.
- **Monitor for symptoms** of COVID-19. Take your temperature 2x per day.
- **Contact a healthcare provider** if symptoms develop.
- **Do not have visitors** in your home.
- **You cannot go to public places** even for essential reasons (including grocery stores), except to seek medical care.
- **You can have contact** with other members of your household, but maintain physical distancing as possible.

How can I continue to work?

For 14 days after your last exposure:

- **Screen yourself for symptoms** and measure your temperature before each shift.
- **Wear a face covering.**
 - Healthcare workers: Wear a face mask instead of cloth face cover.
 - Critical infrastructure workers: Wear face mask or cloth face cover approved by employer.
- **Maintain physical distancing** as possible during work.
- **Clean and disinfect** all shared spaces regularly.
- **Notify your supervisor and stay home** if symptoms develop.
- **You must quarantine outside of work.**

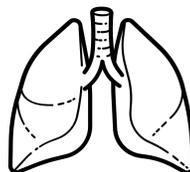
COVID-19 symptoms include:



Fever



Cough



Shortness of breath and trouble breathing

Also: fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.