# 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 minutes or more (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.

<table>
<thead>
<tr>
<th>No</th>
<th>My work has to close without me.</th>
<th>Yes</th>
<th>Continue to work with prevention measures.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Quarantine at home.</td>
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## How do I quarantine at home?

For 14 days after your last exposure:

- **Stay at home.**
- **Take your temperature** 2x per day.
- **Monitor for symptoms** of COVID-19.
- **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.**

1 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.

For more information visit: www.main.gov/dhhs/coronavirus