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 6 months

   OR

3. Completed the primary series of J&J vaccine within the last 2 months

then:

- You do not need to quarantine
- Wear a mask around others for 10 days
- Test 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 6 months ago and are not boosted

   OR

2. Completed the primary series of J&J over 2 months ago and are not boosted

   OR

3. Are unvaccinated

then:

- Quarantine for 5 days.
- After that continue to wear a mask around others for 5 additional days.
- Test 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 contingency options if there are staffing shortages

- Exposed workers who are unvaccinated, or who have not gotten a booster dose when eligible*, may continue to work if quarantine is not feasible with maintaining patient care
  - *Eligible means six or more months after the second dose of Pfizer or Moderna, or 2 months or more after the Janssen vaccine
- In this situation, the worker must test negative at Day 5 after exposure and wear a mask for 10 days

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

If you live with someone who has COVID-19 and must quarantine for 5 days

- Begin quarantine when the infected person has completed their 5-day isolation and has no symptoms.
- After quarantining for 5 days, get tested and continue to wear a mask around others 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 test within the past 90 days and have recovered

- You do not need to quarantine as long as you do not develop new symptoms
- 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.
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. Get tested for COVID-19 on Day 5 after exposure, even if you don't feel sick. 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.
   - 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.

- 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.