

When to end Self-Quarantine

Definition of close contact

The term “close contact” applies to all household members, intimate contacts, caregivers, and individuals with any of the following exposures to an “infected person” while they were infectious*:

- a) Presence within 6 feet of the infected person for more than 10 minutes
- b) Unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment. Appropriate protective equipment means gloves and a facemask because cloth face coverings do not provide enough protection for an individual who is caring for a person with COVID-19.

*An infected person is considered to be infectious from 48 hours before their symptoms first appeared (or from the date of their positive lab test if they did not have symptoms) until they are no longer required to be isolated

Length of quarantine period

- You need to stay in quarantine for 14 days from when you last had close contact with the infectious person. The infectious person should follow [Self-Quarantine Instructions](#).
- If you continue to live with or care for the infected person, the amount of time you have to quarantine depends on the type of contact that you have - find the situation that is most like yours in the section “How do I calculate the end date of my quarantine period” at the end of this guidance.
- If you don’t know when you were exposed to the infectious person and you received a Public Health Emergency Quarantine Order, your last day of quarantine is 14 days from the date the order was issued.

How to calculate when your quarantine period ends

You will need to stay in quarantine for 14 days from the date that you last had close contact with an infected person. See “[Length of quarantine period](#)” on page 1 for the definition of close contact and the examples below to learn how to calculate the last date in your quarantine period.

I. YOU HAVE NO FURTHER CONTACT WITH THE INFECTED PERSON

- A. Your last day of quarantine is 14 days from the date when you last had close contact with them.

Example:



II. YOU CONTINUE TO HAVE CONTACT WITH THE INFECTED PERSON

For example, you live with and/or care for the person with COVID-19

- A. If you can avoid close contact (see [definition](#) on page 1), your last day of quarantine is 14 days from the date the infected person(s) in your household started to follow [Self-Quarantine Instructions](#).

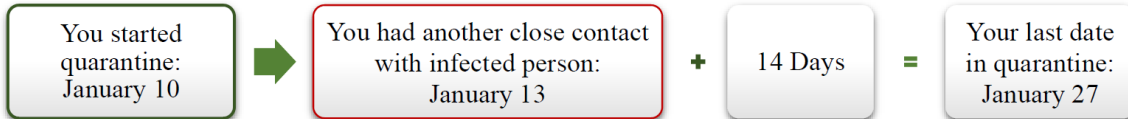
Mecklenburg County Public Health
Contact Tracing

Example:



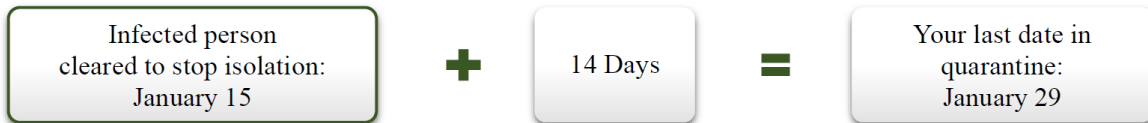
If you have close contact (see [definition](#) on page 1) with that person at any point, the 14-day quarantine period will have to restart from the last day that you had close contact.

Example:



B. If you cannot avoid close contact (see [definition](#) on page 1), your last day of quarantine is 14 days from the date that the infected person was told that they are “cleared” to stop their isolation.

Example:



III. YOU RECEIVED A QUARANTINE ORDER BUT DON'T KNOW WHEN YOU WERE EXPOSED

A. Your last day of quarantine is 14 days from the date of issue on the Order.

Example:



**Information adapted from County of Los Angeles Public Health
<http://publichealth.lacounty.gov/acd/ncorona2019/covidquarantine/>