

Bucks County Department of Health

COVID-19 Isolation and Quarantine Guidelines

Effective 12/09/2020

Isolation or Quarantine: What's the Difference?

Quarantine keeps someone who was exposed to COVID-19 away from others in case they develop symptoms.

Isolation keeps someone who is infected with COVID-19 away from others, even in their home.



I or someone in my house tested **positive for COVID-19**, now what?

People who are **positive** should **isolate** and stay home until it's safe for them to be around others (**10 days past symptom onset or 10 days past test date if you have no symptoms**). **Example:** Symptoms develop (i.e., onset) 12/01/2020, isolate thru 12/10/2020, released 12/11/2020. In the home, anyone infected or having symptoms should separate from others by staying in a designated room or area and using a separate bathroom (if possible). Isolated persons should mask *if* they have to leave their designated room.



I'm a **sick parent or caregiver** and my children have to quarantine at home, now what?

- Both you and the child should wear a mask while in the same room. If possible and safe, stay 6 feet apart.
- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer (at least 60% alcohol); rub hands together until dry.
- Disinfect any items that you need to bring to the child. Do not disinfect food.
- Watch the child for symptoms including cough, runny nose, sore throat, headache, altered/loss of taste or smell.



Quarantined household members should stay home for **10 days from the last contact with the positive person**.

For household members unable to be totally separate from the positive person (e.g., some shared spaces, only one bathroom, etc.) **quarantine includes the 10 days of isolation plus another 10 days in which the household members could develop symptoms**. **Example:** Quarantine while the positive isolates thru 12/10/2020; quarantine continues from the 10th day thru 12/19/2020, can be released 12/20/2020.

People on quarantine should have no visitors, stay at least 6 feet apart, wash hands, sanitize surfaces, and not leave the property unless seeking medical attention.

I or my child had **close contact*** with someone who was **positive for COVID-19**, now what?

After a close contact at work or school, the exposed person should stay home for 10 days from the date of exposure. However, in the attempt to balance the burden associated with missing work or school against the small possibility of asymptomatic people spreading the virus while masked, some people may qualify for **modified quarantine (MQ)**. **Example:** Exposed to a positive on 12/01/2020 at school/work; can continue to go to school/work thru 12/10/2020, released 12/11/2020.

Only persons with **NO symptoms** can leave the residence to go to their place of employment, educational institution or daycare and/or to procure life-sustaining provisions (e.g., prescriptions) during quarantine.

This **does NOT** allow attendance at social gatherings or non-essential events.



Must adhere to the following:

1. **Wear a face covering correctly the entire time while outside of the residence.**
2. **Perform self-symptom assessment prior to leaving residence.** Guardian is responsible for symptom assessment with minor children prior to their leaving the residence.
3. **Notify and ensure that their employer or educational institution accepts persons on MQ.**

7 Day Quarantine Eligibility: After a single exposure, a person with no symptoms for the first 7 days can be released on day 8 if they test negative on a test collected day 5 or later. **Example:** Date of exposure is 12/01/2020, can be released 12/08/2020 with a negative test result collected 12/05/2020 or later.

***Close Contact** is someone who was **within 6 feet of an infected person for at least 15 consecutive minutes**. *Exposure Period* is from 48 hours before a person started having symptoms (or, for people with no symptoms, 48 hours before their test date) until the person is isolated.



If you are a Bucks County resident, contact the Bucks County Department of Health at 215-345-3318 for further guidance.