OTTAWA
COUNTY
HEALTH DEPARTMENT

Quarantine Fact Sheet for Schools

You have been identified as a close contact of someone with COVID-19

What is quarantine?

Quarantine is the separation or restriction of the movement of people who were exposed to a contagious disease to see if they become sick. This is commonly confused with isolation. Isolation is the separation of sick people with an infectious disease from others who are not sick.

What is a close contact?

A close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

What does this mean for you?

- You should remain at home except to get medical care (aka in quarantine) for 14 days after the last time they had contact with the confirmed or suspected case.
- Watch closely for the development of symptoms and take your temperature daily (once in the AM and again in the PM). A list of symptoms is below.
- It is very important to wear a mask when around others where social distancing is not possible. Other family members should consider wearing a mask as well for extra protection.
- As much as possible they should avoid close contact with other family members. Have them stay in separate room(s) and use a separate bathroom if possible.
- If you need medical care, call ahead before visiting your doctor or going to urgent/emergency care centers.
- You can read more about quarantine guidelines from CDC at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

What symptoms should I watch for?

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

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Should I get tested during quarantine?

There is no need to be tested if you are within your quarantine period and do not have signs or symptoms. A COVID-19 nasal swab test will only show positive test results if you have enough of the virus inside your body at the time of testing and often times a person will also have signs and symptoms.

It can take up to 14 days from exposure for there to be enough of the virus to create a positive test and this is why we find it so important to quarantine for 14 days and monitor for signs and symptoms of this virus. Testing without symptoms during quarantine could produce a negative result and give a false sense of security during this time.

If you decide to have testing done:

Talk to your health care provider about ordering a test or go to https://coronavirus.ohio.gov/wps/portal/gov/covid-19/testing-ch-centers/ for information about area testing locations.

Do I need to get tested after the quarantine is up?

The current CDC guidelines state that requiring a negative test before ending quarantine or returning to school, work or other activities is no longer recommended in most cases. You can find the latest information about home isolation guidelines at https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

What if I have questions?

- For questions about your child's health, contact their health care provider.
- For questions about the exposure or what the school policies are, contact the school directly.
- For questions about your quarantine, call the Ottawa County Health Department at 419-734-6800.