Quarantine as soon as possible after close contact with someone who has tested positive for COVID-19. COVID-19 is highly contagious. The faster you begin your quarantine period, the more likely you are to break the chain of infecting others. Quarantine reduces the spread of a virus when someone who was potentially exposed stays away from others.

- Stay home until your quarantine period is over except to get tested or emergency medical care. Avoid all public places and transportation.
- Inform your work or your child’s school that you are in quarantine. If you cannot work from home, ask your employer about COVID-19 sick leave.
- Keep at least 6 feet away from other people in your household.
- Avoid sharing personal household items. Wash your hands and frequently touched surfaces regularly.
- If you need non-medical help (e.g., groceries or other support), call 2-1-1 or 1-800-478-2221.

There are three quarantine options

1. The CDC recommends a 14-day quarantine. However, the CDC also outlines two options to shorten quarantine.
2. If testing is available, test no earlier than day six of your quarantine and continue to quarantine until your test result comes back. Quarantine must last for a full seven days; you can be released on day 8 if you receive a negative test.
3. If testing is not available, quarantine for 10 days after your exposure to COVID-19; you can be released on day 11 as long as you have never had symptoms.

If you develop any symptoms or your test result is positive, immediately self-isolate for 10 days from the onset of symptoms, and get tested if you haven’t yet.
Make a quarantine calendar
Put your quarantine plan into action

I was last in close contact with a person who tested positive for COVID-19 on (date of last contact: ______________) and may have been exposed. My home quarantine and self-monitoring period will begin on that day.

If testing is available, I will get a test on day 6 (date: ______________ ). If I receive a negative result, I may end my quarantine after 7 days, on day 8 (date: ______________ ).

If testing is not available, I may end my quarantine after 10 days on day 11 (date: ______________ ).

If I do not exhibit any symptoms of COVID-19 infection, I can return to work and other activities the day after my quarantine ends.

If I become symptomatic and/or test positive for COVID-19, I will isolate.

Seek immediate medical care or call 911 if you develop:

- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe, constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

FOR MORE INFORMATION
www.coronavirus.gov and covid19.alaska.gov
Contact your local health authority or emergency operations center.
If you have been tested but do not receive results after 3 days, please contact your testing facility.

Thank you. Your quarantine action stops the spread of COVID-19.