

### COVID-19 Release From Quarantine Guidance

#### Calculating Quarantine Time

##### Non-Household Contacts

Quarantine is calculated from date of last contact with case (up to 48 hours before symptom onset or test collection date).

When determining return date, the last date of exposure is considered day "0."

- 14 Day Option → Return Day 15**
- 10 Day Option → Return Day 11**
- 7 Day Option → Return Day 8**

##### Household Contacts

Quarantine time is calculated in addition to the date the positive household member is released from isolation.

For example, if a positive household member is released from isolation after 10 days, the quarantine timeframe for all exposed household contacts would include those 10 days plus the chosen quarantine period:

- **14 Day Option = 24 Days → Return Day 25**
- **10 Day Option = 20 Days → Return Day 21**
- **7 Day Option = 17 Days → Return Day 18**

#### Discontinuation of Quarantine

For all quarantine options, discontinuation of quarantine can only occur if the following criteria are met:

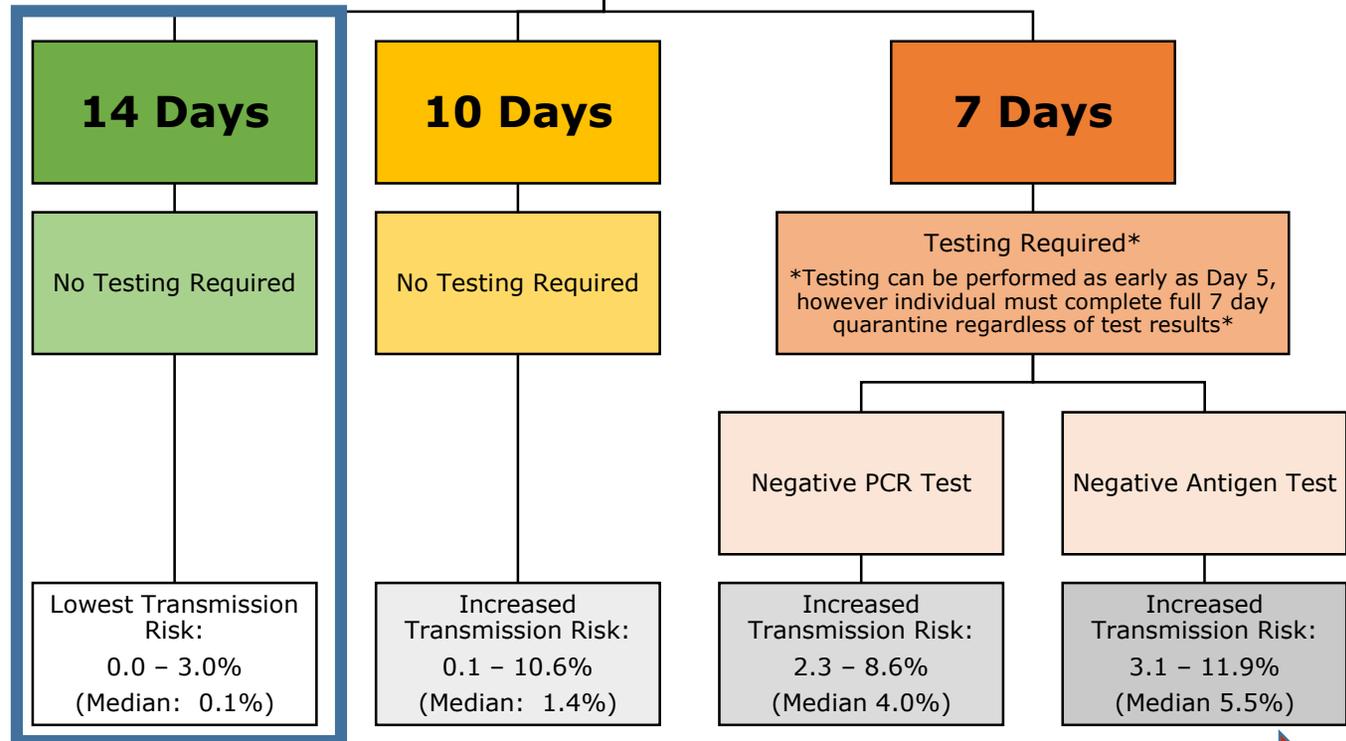
- There is no clinical evidence of COVID-19 during daily symptom monitoring throughout the entire quarantine period, and;
- Daily symptom monitoring continues through quarantine Day 14; and,
- Individuals are counseled to adhere strictly through quarantine Day 14 to all recommended public health interventions (mask wearing, social distancing etc.), and to immediately self-isolate and contact the local public health authority or their healthcare provider should they develop any symptoms.

#### Quarantine Options

All individuals must conduct daily symptom monitoring and adhere to public health interventions (mask wearing, social distancing, etc) for full 14 days, regardless of chosen option.

Individual can return the day after one of the following quarantine periods **if no symptoms have been reported during daily monitoring**

*Preferred Option*



**Lowest Post Quarantine Transmission Risk**

**Highest Post Quarantine Transmission Risk**

