

Instructions for Quarantine

Quarantine:

Quarantine is a necessary measure in stopping the spread of highly infectious diseases such as COVID-19. You are to take all required measures to avoid coming into contact with others.

During your quarantine period, you must stay completely isolated from others. Do not allow anyone outside of your household to enter your home. Isolate away from members within your household while avoiding shared spaces such as the kitchen or bathroom. If you are unable to completely isolate from other household members or you must continue to use shared spaces, you should avoid being in a room at the same time as another household member, wear a mask when you must use a shared space, and disinfect the areas and surfaces before another household member enters/uses them.

You should avoid physical contact with others except in the instance where a primary caregiver role may require it. An example of a primary caregiver role would include individuals that care for small children or care for adults that cannot care for themselves and no alternative, non-quarantined adult is available to take over care giving duties. In such instances, extreme care should be taken to avoid possible transmission of virus particles to the individual you are caring for. During caregiving duties, both the caregiver and the individual being cared for should wear a mask, avoid touching the face, vigorously washing hands for 20 seconds before and after touching, and staying at least 6 feet away as able. Unnecessary physical contact should be avoided.

While getting a COVID test is recommended 5-8 days after exposure to an individual with COVID-19, a negative test will not result in a release from quarantine. A test 5-8 days after exposure is recommended because recent research suggests that that is the average length of time for individuals with COVID-19 to develop symptoms. However, the time it takes the virus to develop in the body may take the entire term of quarantine so an individual with a negative test on day 8 may still become infectious and develop symptoms up until day 14.

Critical Infrastructure:

Due to the risk and liability a qualified Critical Infrastructure employer assumes, and the safety protocols that must be implemented, it is at the discretion of a Critical Infrastructure employer to determine if they will allow COVID-19 exposed, non-positive, asymptomatic employees to enter the workplace during their quarantine. Not all employees, nor all work activities at a Critical Infrastructure workplace may qualify under Homeland Security.

If you qualify as a critical infrastructure worker *and* your employer agrees to allow you to enter the workplace, **you still must quarantine**. Critical Infrastructure workers must remain symptom free and must wear a mask at all times to qualify. Going directly to and from work without stopping is the only exceptions for a Critical Infrastructure worker to leave home during quarantine. Activities that support work are not part of the CDC's Critical Infrastructure provision. Activities such as getting gasoline, dropping children off at daycare, using a drive-through, carpooling, etc., are strictly prohibited.

Next steps:

Monitor for the signs and symptoms of COVID-19 throughout the entirety of your quarantine period. If you develop any of the following symptoms, promptly contact the Taney County Health Department (TCHD) and notify your health care provider. The most common symptoms of COVID-19 are: cough, shortness of breath, difficulty breathing, fever (measured or subjective), chills, muscle aches, headache, sore throat, nausea, abdominal pain, diarrhea, and loss of taste or smell. Please take your temperature twice daily, once in the morning and once in the evening. A fever is defined as a temperature of 100.4 or greater. An up to date list of symptoms can be found on the CDC's website.

TCHD recognizes that quarantine/isolation may place a significant hardship on you and your family, however it is essential to preventing the spread of COVID-19. We appreciate your dedication to stopping the transmission of this disease and your part in helping keep the community safe.

Within 24 hours:

Please acknowledge the receipt of the attached letter within 24 hours by doing one of the following:

1. Download the letter and electronically sign and date in the spaces provided below. Send the signed document via email to communications@taneycohealth.org. If your employer qualifies and has notified you that you will be allowed to continue working as a worker in a Critical Infrastructure workplace, you must also fill out the name of your place of employment, a supervisor, manager, or HR representative that can be contacted if follow up is necessary, and a phone number where that representative can be reached.

If you are unable to electronically sign the attached letter, or are unable to print, sign and scan it, you may acknowledge receipt of the attached letter within 24 hours in the following way:

2. Send the unsigned letter, along with the following message written in the body of the email, to communications@taneycohealth.org:

I, **(first and last name)**, born **(enter birthdate)**, have received and read the Personal Responsibility Form for Close Contacts dated **(include the date at the top of this letter)** alerting me that I am to quarantine until the date stated on that letter.

3. Critical Infrastructure. Send this unsigned letter along with the following message written in the body of the email to communications@taneycohealth.org:

I, **(first and last name)**, born **(enter birthdate)**, have received and read the Personal Responsibility Form for Close Contacts dated **(include the date at the top of this letter)** alerting me that I am to quarantine until the date stated on that letter.

My employer, **(enter business name)** is a Sector of Critical Infrastructure as deemed by Homeland Security. My employer, **(enter supervisor, manager, or HR representative)** can be reached at **(enter contact phone number)**.