

QUARANTINING

Quarantining keeps someone who might have been exposed to the virus away from others. You will need to quarantine if you have been exposed to someone with COVID-19 or identified as close contact of someone who tested positive for COVID-19.

WHAT IS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more in a 24-hour period.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

DURATION OF QUARANTINE:

The recommended time period and safest protocol is to quarantine for 10 days. Quarantine for individuals not vaccinated for COVID-19 or who are greater than 5 months out from completion of the primary series of the Pfizer vaccine, or greater than 6 months out of the Moderna vaccine, or 2 months out from a 1-dose vaccine, without a booster dose:

- You may leave quarantine any day after 5 full days have passed since your most recent exposure occurred if you do not experience any symptoms of COVID-19.
- Test on day 5 after your recent exposure, even if you remain asymptomatic.

Who does not need to quarantine? If you came into close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine. You must still test 5 days after exposure.

- Are considered up-to-date on your COVID-19 Vaccination. To determine if you are up-to-date visit: [WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/VACCINES/STAY-UP-TO-DATE.HTML](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html).
- Or, have tested positive for COVID-19 with a viral test (PCR or antigen) within the previous 90 days, subsequently recovered, and remain without COVID-19 symptoms.

Check temperature twice a day (Fever = 100.4° F or higher) and monitor for any COVID-19 symptoms. If you develop symptoms during your quarantine period, contact the Berry College Health Center at 706-236-2267. If you receive a positive result, you should follow [PUBLIC HEALTH ISOLATION GUIDELINES](#) and notify the Health Center.

TIPS FOR QUARANTINING AT HOME:

- If possible, use a separate bedroom and bathroom.
- If possible, maintain a distance of at least 6 feet away from others.
- If you must have a shared space, try to ensure the room has good air flow (e.g. open the windows to increase air circulation).
- Wear a mask when you are around other people at home and out (i.e. going to the doctor or taking a walk), and avoid having visitors.
- If possible, eat in a separate room.
- Do not share dishes, cups/glasses, utensils, towels, bedding, or electronics with others.
- Use disinfecting wipes or spray to clean high-touched areas in your room and common area. Follow cleaning instructions found on the manufacture's label.

For more information on what to do if you were exposed to someone with COVID-19, visit [DPH.GEORGIA.GOV/CONTACT](https://dph.georgia.gov/contact)



COMMIT TO HEALTHY HABITS
together