



WHAT DOES IT MEAN TO QUARANTINE?

While under quarantine, you must remain at home so you will not spread COVID-19 to other people (even if you have no symptoms).

- You must not leave your property boundaries if you live in a house.
- You must not leave your apartment if you live in an apartment complex. Do not go for a walk, etc.
- You must not go to work, school, grocery stores, gyms, etc. and you should wear a facemask if you must be around family or roommates.

INDIVIDUAL SCENARIOS:

Returning Traveler-

- If you have traveled since March 14, and your travel destination is experiencing community spread of COVID-19, you will need to self-quarantine for 14 days upon your return. The date of quarantine will begin on the first day you arrive home. If you have questions about your destination's status, you should check your destination's local health department website.
- You will need to monitor your symptoms twice per day, each day. If you develop fever, cough, or shortness of breath, call your healthcare provider and let them know that you have traveled and now have symptoms. You will be given additional instructions and may be tested.
- If you need Emergency Medical Services, upon calling 911, let the dispatcher know that you have traveled and now have symptoms.
- If you have no symptoms during your quarantine, on the 15th day, you may discontinue quarantine and follow normal public guidelines on social distancing and protection.

Positive Case-

- If you test positive for COVID-19, you will be contacted by the Springfield-Greene County Health Department for case management.
- The Health Department will work with you to identify contacts you have had with the public.
- You will need to remain in isolation during the duration of your illness and will be notified by the Health Department when you may leave isolation.
- If your symptoms become more severe and need treatment, call your healthcare provider and let them know you are positive for COVID-19.
- If you need Emergency Medical Services, upon calling 911, let the dispatcher know that you are positive for COVID-19.

Contacts of a positive case-

- A case "contact" is a person who would have interacted with a person who has tested positive for COVID-19 while they were contagious. Contacts are only one degree of separation from a positive COVID-19 case—you do not qualify as a contact if you interacted with someone who is now considered a case contact.
- If you have been identified as a potential contact with a positive case of COVID-19, you will be contacted by the Springfield-Greene County Health Department.
- You will be asked to quarantine for 14 days from the date of your exposure.
- You will be assigned a case manager who will interview you via phone and give you directions as to reporting temperature and symptoms twice per day throughout the duration of the quarantine.
- If you develop symptoms, the Health Department will notify you of further guidance.



- If your symptoms worsen and need treatment, call your healthcare provider and let them know you are in quarantine for potential exposure to COVID-19.
- If you need Emergency Medical Services, upon calling 911, let the dispatcher know that you are in quarantine for potential exposure to COVID-19.

INFORMATION FOR EMPLOYERS:

If you have an employee who has tested positive-

- You will be notified by the Springfield-Greene County Health Department that you have an employee who has tested positive for COVID-19.
- That employee will be required to be isolated until released by the Health Department.
- The Health Department will work with the employer to develop a list of other employees who may have had contact with the employee who tested positive.
- Any employee that met criteria for potential contact must quarantine at home for 14 days and will be contacted by the Health Department with more information.
- CDC guidelines are used to determine potential contact which is based on a definition of close contact:
 - a) Being within approximately 6 ft of a COVID-19 case for a prolonged time such as caring for someone, living with someone, working regularly within 6 feet of someone.
 - b) Having direct contact with infectious secretions of a COVID-19 case (an example would be being coughed on)

If you have an employee who is a contact of a positive COVID-19 case-

- Any employee that met criteria for potential contact must quarantine at home for 14 days and may not return to work until notified by the Health Department.

If you have an employee who is a close contact of a person under a precautionary quarantine (as described above)-

- This employee is allowed to work with no restrictions.
- If the person under precautionary quarantine becomes symptomatic, this employee will be contacted by the Health Department with further instructions.