



## **COVID-19 Quarantine Guidance**

Vista Autism Services follows the guidance outlined by the Pennsylvania Department of Health regarding quarantine.

### **General FAQ**

#### **What is a quarantine?**

A quarantine is used to prevent the spread of disease by separating someone who might have been exposed to COVID-19 and may develop illness away from others.

#### **Why would someone be asked to quarantine?**

A quarantine is required when an unvaccinated individual has had close contact with someone who has a positive case of COVID-19.

#### **What if I am vaccinated against COVID-19?**

A person is defined as vaccinated two weeks after they finish the vaccination schedule. The CDC advises that you do not need to quarantine upon exposure to a positive case for the first three months following full vaccination.

#### **What is a close contact?**

A close contact is defined by the CDC as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

#### **How long do I need to quarantine?**

The recommended quarantine period is 14 days. However, the CDC and DoH has shortened the quarantine period for **asymptomatic** individuals from 14 days to 10 days from the date of exposure, as long as **no symptoms** were reported during daily monitoring. Additionally, the quarantine period for **asymptomatic** individuals can be further reduced to no less than seven days as long as a negative COVID-19 test result is produced and specific testing criteria are met.

#### **Can I receive a negative test instead of quarantine?**

If you are considered a close contact of a case, you may reduce the quarantine period to no less than seven days as long as you are asymptomatic and a negative COVID-19 test result is received. In order to reduce the quarantine to seven days, the COVID-19 test must be taken no earlier than 48 hours before the time planned for quarantine discontinuation.

#### **Are there exceptions to the quarantine recommendations?**

The guidance provided by the DoH and CDC is based on simple COVID-19 exposures that are limited to one incident of exposure. Complex ongoing exposure such as a family member with COVID-19 that is unable to isolate may require additional quarantine time. This is based on a number of factors which are best evaluated by trained contact tracers and/or DoH. Vista has trained contact tracers that will work with the individuals and the DoH on a case by case basis.