

HOME MANAGEMENT: COVID-19 QUARANTINE

Iowa State University
Thielen Student Health Center



QUARANTINE is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

WHO NEEDS TO QUARANTINE?

Anyone who has been in **close contact** with someone who has COVID-19.

You do not need to quarantine if you have had a valid positive COVID-19 test in the last 90 days and remain asymptomatic.

WHO COUNTS AS A CLOSE CONTACT?

You were **within 6 feet** of someone who has tested positive for COVID-19 for at least **15 minutes**

SELF-QUARANTINE INSTRUCTIONS

Stay Home

Stay home from work, school or other public places for 10 days from your last contact with a person who has tested positive for COVID-19.

Watch for Symptoms

Watch for fever (100.4°F), cough, shortness of breath, or other [symptoms](#) of COVID-19.

Separate Yourself from Others

As much as possible, you should stay away from others, especially those who are at [higher risk](#) for getting very sick from COVID-19. In your home. If you need to be around other people inside or outside the home, wear a face mask. Cover your nose and mouth with a tissue when you cough or sneeze.

Wash Your Hands

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 70% alcohol. Avoid touching your face with unwashed hands.

Clean all surfaces

Clean all high touch surfaces such as counters, tabletops, and doorknobs. Use household cleaning sprays and wipes according to label instructions.

WHEN TO START AND END QUARANTINE

You should stay home for 14 days after your last contact with a person who has COVID-19.

Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

Call Thielen Student Health Center 515-294-5801 if you develop these symptoms:

- New or worsening shortness of breath or feel rapid breathing (*for example shortness of breath after walking to one room and back*)
- New or worsening chest pain or feel palpitations or rapid heart rate
- Temperature over 102.2° F or 39° C not relieved with over-the-counter fever reducing medication
- Confusion, falling down, passing out (fainting) or severe dizziness
- Not able to keep liquids down for 12 hours or the inability to urinate for 8 hours
- Hands, feet or lips become blue
- Coughing up blood.