If you were around someone with 2019 novel coronavirus (COVID-19), you may have been exposed. For your safety and the safety of others, DHEC recommends you follow the quarantine guidance below.

### How long should you quarantine

1. Staying in quarantine for 14 days after your last exposure to a person with COVID-19 is the best way to prevent more spread. The options below can be used to shorten your quarantine period.
   - Your quarantine can end 10 days after your last exposure to the person with COVID-19, if you’ve not experienced any symptoms.
   - Alternatively, your quarantine period can end 7 days after your last exposure to the person with COVID-19, if a diagnostic test collected no sooner than day 5 of your quarantine period is negative for COVID-19 and you’ve not experienced any symptoms.

2. If you live with someone who has COVID-19, your quarantine period begins when the sick person can separate from you (in a separate room with a separate bathroom) or when the sick person can no longer spread the virus (generally when they complete a 10-day isolation period).

3. You may not need to quarantine if one or both of the following scenarios apply to you.
   - If you’ve tested positive for COVID-19 within the past 3 months and have recovered, you do not have to quarantine as long as you do not develop new symptoms.
   - If it has been 2 weeks since you completed a full COVID-19 vaccine series, you do not have to quarantine as long as you do not develop new symptoms. For more information on quarantine, visit [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html).

### Do these activities while you quarantine

1. Stay home and practice social distancing (avoiding contact with others).
2. Do not go to work or school.
   - Discuss your situation with your employer or school before returning.
   - DHEC does not provide documentation for returning to work or school. COVID-19 guidance for businesses and schools can be found at: [scdhec.gov/covid19](http://scdhec.gov/covid19).
3. Do not take public transportation, taxis, or ride-shares.
4. Stay about 6 feet away and wear a mask or face covering when you can’t avoid others.
5. Get tested for COVID-19 immediately, even if you don’t feel sick. If your test results for COVID-19 are negative, you must still complete the full quarantine period. If you develop symptoms of COVID-19 at any time during the quarantine period, you should also be tested.
   - Watch for fever, cough, trouble breathing, or other symptoms of COVID-19. If you end your quarantine early on day 7 or day 10, continue to monitor your symptoms until it’s been 14 days after your last exposure to the person with COVID-19.
   - Cover your mouth and nose with tissue or a sleeve (not hands) when coughing or sneezing.
   - Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer that contains 60 to 95% alcohol.

### If you begin to feel ill at any time with fever, cough, shortness of breath, or other symptoms of COVID-19:

- Immediately self-isolate and avoid contact with others.
- Seek testing for COVID-19.
- Seek medical care, if needed.
- Call ahead before you go to a doctor’s office or emergency room and tell them about your possible exposure to COVID-19 and your symptoms.
- Avoid contact with others when you arrive.
- Several South Carolina health systems are offering telehealth screening options to the public.
- For more details, visit [www.scdhec.gov/telehealth](http://www.scdhec.gov/telehealth)

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.