How long should you quarantine

Your length of quarantine depends on your vaccination and work status

If you:
1. Have been fully vaccinated and boosted. OR
2. Completed the primary series of Pfizer or Moderna vaccine within the last 5 months. OR
3. Completed the primary series of a single dose of J&J vaccine within the last 2 months. OR
4. Completed the full series of a WHO-approved COVID-19 vaccine and boosted if required.
then:
   ◦ You do not need to quarantine
   ◦ You must wear a mask around others for 10 days
   ◦ Get tested on day 5 after exposure

If you develop symptoms at any time, get tested and isolate until you know the results.

If you live with someone who has COVID-19 and cannot separate from them
• Your quarantine starts on day 1 of the COVID-19 case’s isolation, continues through the case’s isolation period with an additional 5 days after the case ends isolation.
• After quarantining for 5 days, get tested and you must continue to wear a mask around others through the duration of your quarantine, and for 5 additional days.

If you develop symptoms at any time, get tested and isolate until you know the results.

If you’ve had a positive SARS-CoV-2 viral test within the past 90 days
• You do not need to quarantine as long as you do not develop new symptoms
• You must wear a mask around others for 10 days
• If at any time you have symptoms, consult your health care provider

While you quarantine you must:
1. Stay home and avoid contact with others.
2. 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.
3. Not take public transportation, taxis, or ride-shares.
4. Wear a mask and stay at least 6 feet away if you can’t avoid others.
5. Monitor for symptoms and practice good hygiene.
   ◦ Watch for fever, cough, trouble breathing, or other symptoms of COVID-19.
   ◦ Cover your mouth and nose with a tissue or your 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 are a worker in a health care setting, there are additional crisis and contingency options for staffing shortages. For details see: the Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 at: cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html
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 scdhec.gov/telehealth.

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