



# Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000  
Governor Asa Hutchinson  
José R. Romero, MD, Interim Secretary of Health

## Quarantine Guidance for Individuals who have been Vaccinated

**Vaccinated individuals with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet ALL of the following criteria:**

- Are fully vaccinated (2 weeks or more has passed since receipt of the second dose in a 2-dose series, or 2 weeks or more has passed since receipt of one dose of a single-dose vaccine)
- Have remained asymptomatic since the current COVID-19 exposure.

Individuals who **do not meet both** of the above criteria should continue to follow current quarantine requirements after exposure to someone with suspected or confirmed COVID-19.

**The Arkansas Department of Health (ADH) would like to bring to your attention two issues regarding COVID-19 testing in fully-vaccinated individuals:**

- **ADH recommends testing for SARS-CoV-2 in anyone with symptoms typical of COVID-19 regardless of vaccination status.**
- **Fully-vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 to be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.**

Fully vaccinated individuals who do not quarantine should still watch for symptoms of COVID-19 (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) for 14 days following an exposure. Individuals who experience symptoms should be tested for COVID-19 if indicated.

Individuals who have been vaccinated should continue to follow current guidance to protect themselves and others, including: wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, washing hands often, following CDC travel guidance (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>), and following any applicable workplace or school guidance including guidance related to personal protective equipment use or SARS-CoV-2 testing.

**These guidelines do not apply to residents of long-term care facilities or inmates of correctional facilities.** Individuals residing in these facilities should continue to follow their facility-specific guidance (<https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances>).

# Stop the Spread of COVID-19



## Isolation



### What is isolation?

Isolation is for people who have been diagnosed with COVID-19.

If you have COVID-19, being in isolation means you must stay home and away from others while you are infectious in order to stop the spread of the virus to anyone else.

### Length of isolation

If you have COVID-19 with mild symptoms, you must isolate until:

- 10 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.

If you have COVID-19 and are not experiencing any symptoms, you must isolate until:

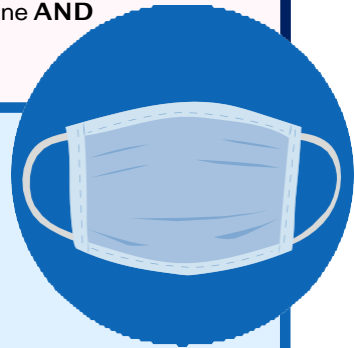
- 10 days have passed and no symptoms have developed since your positive COVID-19 test.

If you have severe COVID-19 and have been hospitalized or if you have a weakened immune system, you must isolate until:

- 20 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.

### Restrictions during isolation

- **Remain at home and avoid all public activities.** This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
- **Do not have visitors** in your home.
- If you live in a home with other people, **stay in a separate room.** If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- **Wash your hands** and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- **Do not leave your home** except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- **In the event of a medical emergency, call 911.** Tell them that you are in home isolation due to COVID-19 infection. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.
- **Do not use any public transportation** (buses, taxis, ride share services, or airplane).
- **Check yourself for fever** twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you are able to resume normal activities or if you need additional care.
- If you begin to have additional symptoms, or if you otherwise feel sick, **contact your health care provider.**



*For immediate sheltering needs for people who are homeless or displaced or cannot safely quarantine at home, please call (501) 661-2136.  
For all other issues, contact the ADH call center at (800) 803-7847.*

# Stop the Spread of COVID-19

## Calculation length of Isolation

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### NO SYMPTOMS

**SCENARIO: I did not have symptoms. I was tested on November 1.**

**November 1 + 10 days = November 11 is your last day of isolation.**

**November 12 = return to work/school.**

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SYMPTOMS

**SCENARIO: I started having symptoms. November 3. I was tested on November 5.**

**November 3 + 10 days = November 13 is your last day of isolation.**

**November 14 = return to work/school.**

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SYMPTOMS and in HOSPITAL.

**SCENARIO: I started having symptoms on November 3. I was tested on November 5, but I went into the hospital on the 7th. I got out of the hospital on the 12th.**

**November 3 + 20 days = November 23 is your last day of isolation.**

**November 24 = return to work/school.**

**Release Criteria: You MUST meet ALL 3 requirements to be release from Isolation.**

1. 10 full days from onset of symptoms or test date, if hospitalized 20 full days from onset of symptoms or test date, and
2. No fever for 24 hours before release date without taking fever reducing medications, and
3. Symptoms are improving.

# Stop the Spread of COVID-19



## Quarantine



### What is quarantine?

Quarantine is an important way to stop the spread of COVID-19. It means staying home and away from others after you have been exposed to the virus that causes COVID-19.

If you are a close contact to a person with COVID-19, you need to quarantine for a period from the time of the exposure. Close contact, generally, means you were within 6 feet of the person for at least 15 minutes total while they were infectious. COVID-19 patients are considered infectious two days before their symptoms started, or two days before their positive test if they do not develop symptoms. All close contacts should get tested for COVID-19 at least five (5) days after the last exposure to the positive person.

If you are a close contact, you need to quarantine even if you don't feel sick and even if you have received a negative test.

### Length of quarantine

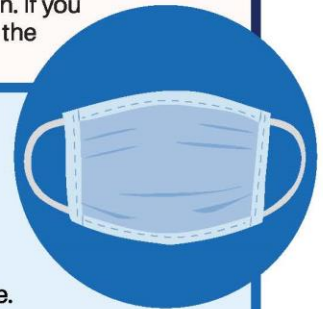
The incubation period of the virus that causes COVID-19 is up to 14 days. Therefore, the safest quarantine period would last **14 days** from the most recent exposure to the positive patient.

In accordance with new CDC guidelines, quarantine can end after **10 days** without testing if no symptoms have occurred. Or, it can end after **7 days** if no symptoms have occurred and a test returned a negative result. Note that the test sample must have been collected at least 5 days after exposure. Send-off PCR tests are preferred, but rapid PCR or antigen tests are acceptable.

If you are exposed again during quarantine, the period must start over again. If you develop symptoms or test positive for COVID-19 during the quarantine period, you must follow the instructions for isolating yourself.

### Restrictions during quarantine

- **Remain at home and avoid all public activities.** This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
- **Do not have visitors** in your home.
- If you live in a home with other people, **stay in a separate room**. If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- **Wash your hands** and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- **Do not leave your home** except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- **In the event of a medical emergency, call 911.** Tell them that you are in home quarantine due to possible COVID-19 exposure. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.
- **Do not use any public transportation** (buses, taxis, ride share services, or airplane).
- **Check yourself for fever** twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you are able to resume normal activities or if you need additional care.
- If you begin to have symptoms such as fever, cough, or trouble breathing, or if you otherwise feel sick, **contact your health care provider**.

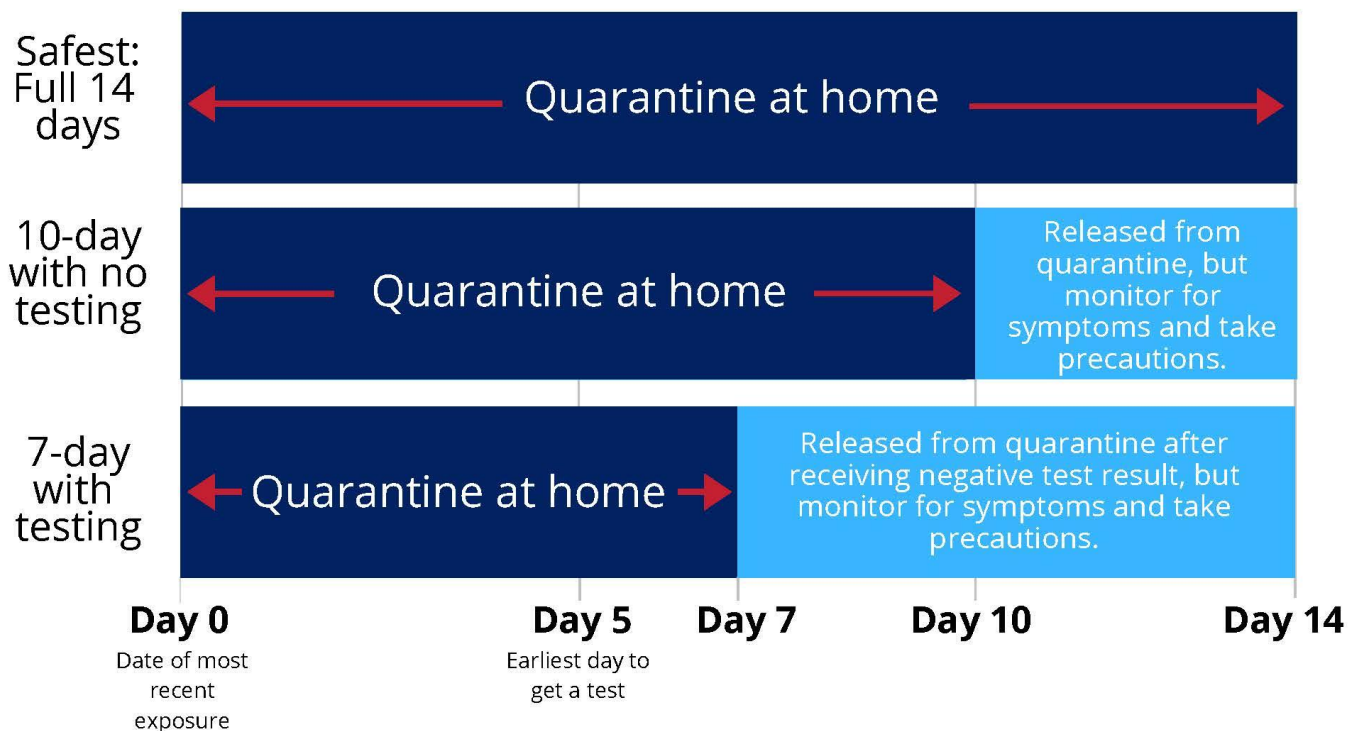


For immediate sheltering needs for people who are homeless or displaced or cannot safely quarantine at home, please call (501) 661-2136.  
For all other issues, contact the ADH call center at (800) 803-7847.

# Stop the Spread of COVID-19



## Quarantine for people with no symptoms



*\*If symptoms develop, isolate and get tested.*

## Calculating length of quarantine



**14-day:** If you were exposed at **noon on Dec. 1**, you can be released from quarantine at **noon on Dec. 15**.

**10-day:** If you were exposed at **2 p.m. on Dec. 3**, you can be released from quarantine at **2 p.m. on Dec. 13**.

**7-day with testing:** If you were exposed at **9 a.m. on Dec. 5**, you can get tested after **9 a.m. on Dec. 10**. If the test is negative, you can be released from quarantine at **9 a.m. on Dec. 12**.