Home Quarantine
A Guide for Parents and Guardians with School Age Children

By quarantining a child, you can prevent the disease to which they have been exposed from spreading to others in your family. Quarantine is useful for all communicable disease and especially needed during this pandemic from coronavirus (COVID-19).

What is Home Quarantine? It is separating a healthy person who has been *exposed* to illness from others who have not been exposed to protect others and prevent the spread of the illness. Home Quarantine is different from Home Isolation, which is completely separating those who are *ill* (have symptoms of disease) from those who are not ill.

Note: a home quarantined person is not ill but could become ill and contagious. For COVID-19 this can happen at any time from a couple of days after being exposed to as long as two weeks after last exposure. A person can spread the disease for even a couple of days *before* they have any symptoms. (For other diseases, the time periods will differ - ask your doctor).

How long does home quarantine last? It depends on the disease but here are some examples:

- **COVID-19**: 14 days after the date of exposure.
- **Flu**: 2-4 days after the date of exposure.
- **Pertussis**: 7-10 days after the date of exposure.

How to quarantine:
- To the extent possible, do not let children in home quarantine interact with other household members who may not have been exposed. Limit close contact to as few adults as possible, use face coverings for everybody, and try to reduce close contact time as much as possible.
- Do not let children in home quarantine come in close contact with other children who do not live in the home. For example, cancel play dates and after school activities.
- Frequent hand washing with soap and hot water by everyone in the home helps prevent spread of illness.
- Check the quarantined child daily or more often for fever or any symptoms (if they occur the child should be *isolated*)
- Child should eat separately from others – disinfect surfaces after and wash dishes/utensils in the normal manner
- Child should use a separate bathroom but if this is not possible an adult should disinfect it after use

View a video on Home Isolation and Quarantine https://vimeo.com/410421741

Special considerations:
- If you have a child ill with COVID-19 you should keep the other children out of school to quarantine and follow school instructions regarding when the children may return to school. For illnesses other than COVID-19 this may be different.

- Only isolate together ill children and adults who have the *same* illness. Never together if they have different illnesses or it is uncertain.

- If you have illness in your family, consider minimizing any after school activities by the other children to reduce possible exposures to others should they become ill.

- If your child's exposure is to someone who has tested positive for COVID-19 or Pertussis, you will be contacted by the local health department, and you should follow their guidance.

For more information quarantine go to:
https://tompkinscountyny.gov/health/factsheets/coronavirusfaq#quarantine

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