

Quick COVID Quarantine Recommendations from the CDC website for Covid Exposure:  
The highlighted lines reflect CDC changes on Dec. 27, 2021.

1. Person who is NOT fully vaccinated for COVID (**NO VACCINE, COMPLETED PFIZER OR MODERNA SERIES MORE THAN 6 MONTHS AGO WITHOUT THIRD BOOSTER, COMPLETED JOHNSON AND JOHNSON SERIES MORE THAN 2 MONTHS AGO WITHOUT THIRD BOOSTER**) and has been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19:
  - a. Stay home for 5 days after your last contact with a person who has COVID-19.
  - b. If you have any symptoms of illness during that time, you need to test for COVID. If you are symptom free by Day 5, do a covid test on day 5 if possible. If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house. Continue to wear a mask around others for 5 additional days.
  - c. During the quarantine, Stay in a separate room from other household members, if possible. Use a separate bathroom, if possible. Avoid contact with other members of the household and pets. Don't share personal household items, like cups, towels, and utensils. Wear a mask when around other people if able.
2. Person who is FULLY vaccinated (2 weeks after 2 doses of Pfizer or Moderna less than 6 months prior or 2 weeks after Johnson and Johnson dose less than 6 months prior) and has been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19:
  - a. Do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms
  - b. However, fully vaccinated people should get tested 5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 10 days following exposure.

My Child tested Covid Positive. What do we do?

For the Child who tested positive:

- They need to quarantine at home 5 days from the day of the positive test or when their illness symptoms are gone- whichever is longer.
- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Get rest and stay hydrated.
- Use Tylenol or Motrin for fever as needed. If having trouble breathing or severe symptoms, the child needs to be seen in the Pediatric Emergency room at Cardon Children's (Banner Desert) or Phoenix Children's.
- **As much as possible, the child should stay in a specific room** and away from other people and pets in your home. If possible, they should use a separate bathroom. If they need to be around other people or animals in or outside of the home, wear a mask.

- Your child doesn't need to wear the mask if they are alone. If they can't put on a mask (because of trouble breathing, for example), have them cover their coughs and sneezes in some other way. Try to have them stay at least 6 feet away from other people. This will help protect the people around them.
- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.
- **If they are old enough, instruct the child to cover their mouth and nose** with a tissue when they cough or sneeze. **Immediately wash their hands** with soap and water for at least 20 seconds. If soap and water are not available, clean their hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **The ill child should wash their hands** often with soap and water for at least 20 seconds. This is especially important after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.
- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom; wear disposable gloves. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.
- Here is a link to an easy at home checklist: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>
- If the child plays sports and had fever for 3 days or illness symptoms for 3 days or more, contact their physician as they may need cardiac clearance prior to returning to sports.

For the family members who live at home with the Covid positive Child or Family Member:

1. Someone is not fully vaccinated against Covid 19:
  - a. In situations like this, you need to quarantine for 5 days *after* the sick person meets the [criteria to end home isolation](#). Also, "you will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19," adds the CDC. "Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine."
2. Someone is fully vaccinated against Covid 19:
  - a. Do NOT need to quarantine unless they have [symptoms](#)

- b. However, fully vaccinated people should get tested 5 days after the Covid positive family member has met the Criteria to end home isolation even if they don't have symptoms and wear a mask indoors in public for 10 days.

#### Caring for your newborn at home if you have COVID-19

- Stay home to separate yourself from others outside your home.
- Isolate (stay away) from other household members who are not infected, and wear a mask in shared spaces.
- Have a healthy caregiver who is fully vaccinated and not at higher risk for severe illness provide care for your newborn newborn (see recommendations below).
  - Follow recommended precautions if you must care for your newborn before your isolation period has ended.

#### Recommended precautions for healthy caregivers helping care for newborns:

- Caregivers should wash their hands for at least 20 seconds before touching your newborn. If soap and water are not available, they should use a hand sanitizer with at least 60% alcohol.
- If the caregiver is living in the same home or has been in close contact with you and is not yet fully vaccinated for COVID-19, they might have been exposed.
  - Fully vaccinated people who have come into close contact with someone with COVID-19 should be tested 3-5 days following the date of their exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. They should isolate if they test positive.
- They should wear a mask when they are within 6 feet of your newborn for the entire time you are in isolation, and during their own quarantine after you complete your isolation.

#### If a healthy caregiver is not available, you can care for your newborn if you are well enough.

- Wash your hands with soap and water for at least 20 seconds before touching for your newborn. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Wear a mask when within 6 feet of your newborn and other people during your entire isolation period. The mask helps prevent you from spreading the virus to others.
- **Others in your household, and caregivers who have COVID-19, should isolate and avoid caring for the newborn as much as possible.** If they have to care for the newborn, they should follow hand washing and mask recommendations above.

Once your [isolation period has ended](#), you should still wash your hands before caring for your newborn, but you don't need to take the other precautions. You most likely won't pass the virus to your newborn or any other close contacts after your isolation period has ended.

- If you had symptoms, your isolation period ends after:
  - 10 days since symptoms first appeared, **and**
  - 24 hours with no fever without fever-reducing medicine, **and**
  - Other symptoms of COVID-19 are improving
- If you never had symptoms, your isolation period ends after
  - 10 days have passed since you tested positive for COVID-19.

These timeframes do not apply if you have a severely weakened immune system or were severely ill with COVID-19. Please refer to "[When you can be around others after you had or likely had COVID-19](#)" and consult with your health care professional about when it's safe for you to end your isolation period.

### **Monitor your newborn for COVID-19 symptoms.**

If your newborn has one or more of these signs or symptoms, they may have early symptoms of COVID-19 or another illness, and you should contact your healthcare professional.

- Fever (a temperature of 100.4 or higher is considered an emergency)
- Lethargy (being overly tired or inactive)
- Runny nose
- Cough
- Vomiting
- Diarrhea
- Poor feeding
- Increased work of breathing or shallow breathing

See CDC's webpage on [Evaluation and Management Considerations for Neonates At Risk for COVID-19](#) for more information.

### Breastfeeding and COVID-19

**Current evidence suggests that breast milk is not likely to spread the virus to babies.**

[COVID-19 vaccination is recommended for all people aged 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.](#) **You should always wash your hands with soap and water for 20 seconds before breastfeeding or expressing breast milk, even if you don't have COVID-19.** If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

### **If you have COVID-19 and choose to breastfeed:**

- Wash your hands before breastfeeding
- Wear a mask while breastfeeding and whenever you are within 6 feet of your baby.

### **If you have COVID-19 and choose to express breast milk:**

- Use your own breast pump (one not shared with anyone else), if possible.
- Wear a mask as you express breast milk.
- [Wash your hands](#) with soap and water for at least 20 seconds before touching any pump or bottle parts, and before expressing breast milk.
- Follow [recommendations for proper pump cleaning](#) after each use. Clean all parts of the pump that come into contact with breast milk.
- Consider having a healthy caregiver feed the expressed breast milk to the baby. The caregiver should be fully vaccinated (at least two weeks after the 2nd dose of a 2-dose vaccine or two weeks after a 1-dose vaccine) and not be at [increased risk for severe illness](#) from COVID-19. If the caregiver is living in the same home or has been in close contact with you and is not yet fully vaccinated for COVID-19, they might have been exposed.
  - Fully vaccinated people who have come into close contact with someone with COVID-19 should be tested 3-5 days following the date of their exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. They should isolate if they test positive.
- Any caregiver feeding the baby should wear a mask when caring for the baby for the entire time you are in [isolation](#) and during their own [quarantine](#) period after you [complete isolation](#).