

# COVID -19 Quarantine Time Frame Guidance Document

As per the NJ Dept. of Health, Camden County Dept. of Health and the CDC, quarantine/isolation timeframes for close contacts, infected persons, and those who have traveled outside of New Jersey or a state that borders New Jersey will vary based on the state and regional COVID-19 Risk Level. Camden County is in the Southwest region of the State.

**Minimum Quarantine Timeframes by COVID-19 Regional Transmission Risk Level (CALI Score)<sup>2</sup>**

Low Risk	Moderate Risk	High Risk	Very High Risk
<i>14 days is always preferred as the best way to prevent COVID-19 transmission.</i>			
10 days without testing  OR  7 days with negative test results collected at 5-7 days	10 days without testing  OR  7 days with negative test results collected at 5-7 days	14 days for group settings and organized activities  14 days for individuals unless it causes <u>significant</u> economic or other hardship  <b>ONLY IF 14 days is <u>not</u> feasible, follow</b>  10 days without testing  OR  7 days with negative test results collected at 5-7 days	14 days for group settings and organized activities  14 days for individuals unless it causes <u>significant</u> economic or other hardship  <b>ONLY IF 14 days is <u>not</u> feasible, follow</b>  10 days without testing  OR  7 days with negative test results collected at 5-7 days

Please check the current COVID -19 Risk Level = at <https://www.nj.gov/health/cd/statistics/covid/>

## Covid Minimum Quarantine Time Frame

**Travel** - Anyone who is unvaccinated and travels outside of New Jersey to an area that is not on the border of New Jersey needs to follow the guidelines below:

Unvaccinated individuals must be tested 3-5 days after returning using a viral test and quarantine for a total of 7 days if the test is negative. If an unvaccinated individual is not tested, one must quarantine for 10 days after returning .

Fully Vaccinated individuals should monitor their symptoms after travel--they do not need to quarantine.  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

**Household exposure**-If an individual lives in a household with a person who tests positive for COVID-19, and is not fully vaccinated, the individual must quarantine for

- 10 days (low and medium risk) if the negative person can be completely isolated from the Covid positive case or
- 14 days (during high risk periods) if the negative person can be completely isolated from the Covid positive case or
- 10 or 14 days + 10 days based on the risk level when the negative person can not be completely isolated from the positive Covid patient.

**Close contacts** must quarantine according to the chart above based on vaccination status and current risk level of the region.

If a fully vaccinated person comes into close contact with a positive case they do not need to quarantine even if they live in the same household as the case. The vaccinated person should monitor for symptoms and should consider getting tested 3-5 days post exposure.

**CDC definitions: Isolation** is a process to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

If your child has any symptoms similar to those of COVID -19 please reach out to the school nurse and your health care provider.

***Thank you for understanding. Stay well.***