

WHEN TO END QUARANTINE

Quarantine is for close contacts and travelers. If you have any symptoms you must isolate.

01

Check for Symptoms

Do you have one or more symptoms?

- Fever
- Chills
- Shortness of breath
- Cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches
- New rash
- Loss of smell/taste
- Sore throat
- Headache
- New congestion
- New runny nose

Yes:

Isolate and get tested for COVID-19

No:

Are you a close contact?

02

Close Contact?

Yes:

You have been in close contact (<6 feet for >15 minutes) or been notified by public health to quarantine for 14 days. If you have symptoms, get tested right away.

Remember, a negative test cannot shorten quarantine.

No:

You have not been in close contact or been told to quarantine.

Have you traveled out of state in the last 14 days?

03

Traveled Out-of-State?

Yes:

You have have traveled.

You must follow the Alaska Travel Mandate (Health Mandate 010).

You must meet one of the following criteria before returning to school in person.

No:

You have not traveled.

Great! You do not need to be tested, isolated, or quarantined. A face covering, physical distancing, and all other transmission prevention strategies are recommended.

04

Return to School?

Test:

Get tested for COVID-19 twice: before/on arrival, and again after 7-14 days. If the second test is negative you may return to school.

No Test <10:

Children under 10 do not have to be tested, but must wait until their caretaker receives a second negative COVID-19 test 7-14 days following travel.

No Test:

If you decide not to be tested, you may return after a 14 day quarantine following travel.

Previous Positive:

If you have tested positive within the last 90 days, have recovered and completed isolation, you do not need to test or quarantine following travel.



ALASKA SMART START 2020

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