

## Lucas County Quarantine Guidance

The Toledo-Lucas County Health Department **strongly recommends unvaccinated individuals exposed to a COVID-19 positive person to quarantine for a minimum of ten (10)** from the date of the last exposure (day zero). **Individuals may leave quarantine after day five (5) if they do not develop COVID-19 symptoms or they have gone fever free for 24 hours and other symptoms have largely improved.**

- All individuals who are exposed to a positive case should closely monitor for symptoms for 10 days from last exposure (day zero). If symptoms develop, immediately isolate and get a COVID test.
- Individuals who leave quarantine on day 5 must wear a mask for an additional 5 days when around others and should avoid group activities or gatherings where a well-fitting mask cannot be consistently worn. TLCHD recommends getting a test on day 5.
- **\*Any individuals who cannot wear a mask consistently due to medical or age-related reasons must isolate/quarantine a minimum of 10 days.\***
- If the close contact lives with the positive case, their quarantine begins after 10 days from the positive case's onset of symptoms or date of positive test.

### Gold Standard Quarantine

- **Unvaccinated** individuals exposed to COVID-19 should quarantine at home through day 10 from the date of last exposure (day zero).
- Lowest Risk of spreading COVID-19.

### Alternative Quarantine

- **Unvaccinated** individuals exposed to COVID-19 are required to quarantine at home through day 5 from the date of last exposure (day zero).
- Individuals must also closely monitor for symptoms and wear a mask around others through day 10.

### Isolation Requirements

- Any individual that tests positive for COVID-19 **must** isolate at home for a minimum of 5 days from onset of symptoms or positive test if asymptomatic (day zero). Individuals may only leave isolation on day 6 if they have been fever free for 24 hours and other symptoms have largely improved. **TLCHD recommends 10 days of isolation whenever possible.**
- Any individual showing signs or symptoms of COVID-19 should isolate at home for 5 days from symptom start (day zero) unless they receive an alternative diagnosis from their doctor or a negative proctored COVID-19 test.

**Proctored Tests:** A proctored test is one that is observed at the time of testing by a qualified professional and reported to the state (this includes self-tests that have a tele-health session completed at the time of testing).