

Knox County COVID Isolation and Quarantine Guidance Current as of August 5, 2021

1. Anyone who is a case of COVID-19 must isolate
 - a. If symptomatic: isolate (stay home) for 10 days from symptom onset.
 - i. Release from isolation after day 10: if you have no fever for at least 48 hours (without fever reducing medications) and symptoms are improving.
 - b. If asymptomatic: isolate (stay home) for 10 days from the date of your test.
2. Contacts
 - a. Fully vaccinated
 - i. Asymptomatic
 1. May continue regular activities but it is recommended that they wear a mask in public indoor settings for 14 days after exposure or until a negative test result (test needs to be at least 3-5 days after exposure)
 2. Testing is recommended 3-5 days after an exposure
 - ii. Symptomatic-this person is considered a probable case and should seek confirmatory testing. They must isolate for 10 days from onset of symptoms.
 - b. Unvaccinated must quarantine. Options for quarantine length are below.
 - i. Non-Household Contacts- contact is **able** to quarantine away from case
 1. All time frames are counted from the date of exposure.
 2. 14 days of quarantine is ideal. Must remain asymptomatic for the full 14 days.
 3. If no symptoms, the person may come out of quarantine on day 10 but needs to continue to monitor symptoms and wear a mask in indoor public places.
 4. If no symptoms, the person may test out of quarantine on day 7, the negative test may be obtained on day 5 or 6. The person needs to continue to monitor for symptoms and wear a mask in indoor public places.
 5. If symptoms develop, the person is considered a probable case and should seek confirmatory testing. They need to isolate for 10 days from onset of symptoms.
 - ii. Household Contacts- Contact is **unable** to quarantine away from case
 1. All time frames are from the last day of isolation for the case (10 days)
 2. 14 days of quarantine is ideal. Must remain asymptomatic for the full 14 days. A total of 24 days in quarantine.
 3. If no symptoms, the person may come out of quarantine on day 10 but needs to continue to monitor symptoms and wear a mask in indoor public places. A total of 20 days in quarantine.
 4. If no symptoms, the person may test out of quarantine on day 7, the negative test may be obtained on day 5 or 6. The person needs to continue to monitor for symptoms and wear a mask in indoor public places. A total of 17 days in quarantine.
 5. If symptoms develop at any point during the quarantine, the person is considered a probable case and should seek confirmatory testing. They need to isolate for 10 days from onset of symptoms.