

Frequently Asked Questions about Quarantine

WHEN IS QUARANTINE REQUIRED?

Quarantine is required when you have been in contact with someone who has tested positive for COVID – 19.

Quarantine means separating a person or group of people who have been exposed to a contagious disease from others who have not been exposed, in order to prevent the possible spread of that disease.

WHAT DOES AT-HOME QUARANTINE MEAN?

At-home isolation means that the direct contact is deciding to quarantine in their house instead of offsite at another facility.

WHY SHOULD I QUARANTINE?

To reduce the spread of COVID-19. When you have been in direct contact with a positive it can take up to 14 days before you show any symptoms and/or come back positive from a COVID test. This is why it is extremely important to follow all quarantine guidelines for the full 14 days. Even if you get a negative test result back before the 14 days are up, you still need to finish the full quarantine.

QIN has had people who have tested negative and then developed symptoms after they tested, got retested and were positive. This is because the virus can take up to 14 days to present itself.

HOW LONG IS QUARANTINE?

Quarantine last 14 days from the last day you were in contact with the positive patient.

DO I NEED TO GET TESTED TO LEAVE QUARANTINE?

Yes. A negative test is required to be released from quarantine.

WHEN CAN I GET TESTED?

If you are asymptomatic (showing no symptoms) you can test 5 days after the last contact you had with a positive. If you are symptomatic (have symptoms) you can test at the onset of your symptoms.

If you test 5 days after your last contact because you do not have symptoms and the test comes back negative, but then later in quarantine you develop symptoms, you will be asked to test again.

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CAN I LEAVE MY HOUSE FOR ANYTHING DURING AT-HOME QUARANTINE?

The only thing you can leave your house for is medical attention. If you need to see a doctor, please call before arriving and indicate you are in quarantine for being in contact with a positive COVID – 19 case and follow all directives from your provider.

WATCH FOR EMERGENCY SIGNS: Call 9-1-1 if the sick person has:

- Trouble breathing
- Constant pain or pressure in the chest
- Unusual feelings of confusion or not able to respond
- Lips or face have a blue or purple tint
- Severe constant dizziness or lightheadedness
- Slurred speech (new or worsening)

CAN PEOPLE COME VISIT US WHILE IN QUARANTINE?

No, you should not have any guest while in quarantine. Although we cannot confirm if you have COVID – 19 or not, because a majority of carriers are asymptomatic (have no symptoms), we must assume you are positive to mitigate spread. We recommend calling people on the phone or doing video chats.

IF ME AND MY FAMILY HAVE TO QUARANTINE, AND I'M ASSUMED POSITIVE, CAN I INFECT THEM?

Yes, if they are already not infected.

It is important you prepare your house for quarantine by following these steps:

1. If possible, separate the person in quarantine into their own room. As much as possible, stay in that space away from the others in your family. Because the person is not exhibiting symptoms, they should clean surfaces daily and frequently in that space. If not possible, clean all household high-touch areas frequently.
2. If possible, have the family member in quarantine use a separate bathroom from others. Since the person in quarantine is not exhibiting symptoms, they can clean that bathroom frequently. If not clean bathroom surfaces (including counters, toilet, toilet handle, door knobs, light switches, shower if used, etc.) every time after the family member in quarantine case uses the facilities.
3. Restrict contact with your pets or animals while in quarantine. Your animals cannot get COVID-19, however animals can spread the disease to others, as the disease can live on surfaces for 72 hours (pets' fur, etc.). So, if you do contact your pet, wash your hands before and after and practice good hygiene when around pets.

More on how to prepare your home for quarantine review our "How to Set-up Your Home for At-Home Quarantine" document.

WHAT IF I START TO EXHIBIT SYMPTOMS?

If you start to exhibit symptoms call the test number to schedule a test [360-276-2445](tel:360-276-2445). Make sure to tell them you are in quarantine for having contact with a positive case and have started to exhibit symptoms.

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WAIT, HOW DO I GET FOOD?

Food boxes will be delivered to your house while in quarantine, they will have food for 14 days for the number of people in your home.

WHAT ABOUT MY MEDICATIONS?

If your primary providers is RSHC, they will fill your prescriptions and deliver medications to the villages of Taholah (including Q-Village) and Queets. If your primary provider is not RSHC, please contact your primary provider for a refill. If possible have a family member pick up your medications and drop them off to your door (they should not enter). If not possible, ICT will work with you for medication delivery.

WHAT IF I DON'T HAVE CLEANING SUPPLIES?

Every household in at-home quarantine status will receive cleaning supplies, trash bags and thermometers.

WHY ARE YOU PROVIDING ME TRASH BAGS?

While in quarantine all trash must be put into a trash bag and completely sealed before being picked up by sanitation workers. No individual or loose trash should be put into your trash barrel, from any family member while the house is on quarantine. This is for all trash that gets picked up by sanitation workers.

MORE ABOUT DAILY MONITORING CALLS

You will have a quick call from a **non-medical** professional who will call to make sure you have not started to exhibit symptoms of COVID – 19. If you start to exhibit symptoms you should be tested and potentially move to at-home isolation.

The objectives of monitoring are:

- Assure isolated and quarantined individuals understand when and how to seek medical care
- Assess quarantined individuals for the onset of symptoms
- Identify needs for behavioral health care
- Identify other needs

ADDITIONAL THINGS YOU SHOULD DO:

- Cover your coughs and sneezes
- Washing your hands often with soap and warm water for at least 20 seconds

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- Clean all high-touch surfaces frequently: counters, door knobs, light switches, phones, key boards, remote controller, fridge handles, etc.
- Self-monitor your symptoms – seek immediate medical attention immediately if you have difficulty breathing.

ADDITIONAL THINGS YOU SHOULD NOT DO:

- Share personal household items: drinking glass, cups, dishes, eating utensils, towels, bedding, etc.

HOW DO I GET RELEASED FROM AT-HOME QUARANTINE.

You will be release by the person completing daily calls. At-home quarantine last for 14 days.