

Updated 3/4/2024 with revised links to CDC webpages.

What are the recommendations for households with an infected household member?

An infected person should separate from others in the home as much as possible and should mask when around others indoors for 10 days (or until the person has two sequential negative tests at least one day apart), **AND**

Household contacts without symptoms should:

- Mask in the home to protect themselves when not separated from the infected person for 10 days.
- Mask when indoors around uninfected people who are at [higher risk](#) for severe infection for 10 days.

Do I need to quarantine if I've been exposed to an infected person in my home? Close contacts who don't have symptoms don't need to quarantine, but you have a chance of getting infected. You should follow all recommended actions carefully, including getting tested if advised (based on symptoms or risk of serious illness) and wearing a well-fitting mask indoors around the infected person and around others who might be at high risk.

When should close contacts test for COVID-19?

If you have symptoms, test immediately. If you do not have symptoms and are at higher risk of severe COVID-19 infection or have contact with people who are at higher risk for severe infection, you should consider testing within 5 days after the last exposure date.

What should close contacts do if they develop symptoms but test negative?

If your antigen test is negative, take another antigen test 48 hours later. To prevent the spread of other infectious diseases, all people with respiratory symptoms should mask when indoors around others and minimize contact with others, particularly with others at higher risk, at least until fever has been resolved for at least one day and symptoms are mild and improving.

What should I do if my symptoms come back or I test positive after previously testing negative? You should re-isolate and follow the recommended actions in the TDH COVID-19 Recommendations.

What if I need to travel immediately after ending isolation?

- Persons who have tested positive for COVID-19 and have symptoms should not travel until they meet criteria to end isolation.

- Travel is discouraged while symptomatic or infected, but if travel is unavoidable, you should wear a well-fitting mask with good filtration when around others indoors and during travel for the entire 10 days.
- Travel on public transportation is discouraged if you are unable to wear a mask or respirator when around others indoors for the full duration of the trip.
- Please refer to [CDC's travel guidance](#) for more information.

I am higher risk for severe COVID-19. What can I do to protect myself?

Similar to other respiratory infections, take preventative measures to keep yourself safe when these infections are circulating in the community. Stay up to date on recommended vaccines and talk with a healthcare provider about how best to protect yourself from severe illness. Consider wearing the most protective mask that fits well and that you will wear consistently when in indoor public spaces and on public transportation. Additional steps can be found in the [CDC COVID-19 Prevention website](#).

Does this updated guidance apply to personnel in a healthcare setting?

No, this guidance does not apply to healthcare personnel. Healthcare personnel working in healthcare settings should follow: [CDC Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)

Does this updated guidance apply to healthcare settings?

No, this guidance does not apply to healthcare settings. Healthcare settings should follow [CDC COVID-19 Infection Prevention and Control Recommendations](#) for the management of COVID-19. Healthcare settings refer to places where healthcare is delivered and include, but are not limited to, acute care facilities, long-term acute care facilities, inpatient rehabilitation facilities, skilled nursing facilities, home healthcare, vehicles where healthcare is delivered (e.g., mobile clinics), and outpatient facilities, such as dialysis centers, physician offices, dental offices, and others.

Should individuals who are at higher-risk for severe illness use the same isolation recommendations as the general public?

If you or someone around you has one or more risk factors for severe illness, using the prevention strategies described in [CDC's Respiratory Virus Guidance](#) is especially important. In addition, there are several specific considerations for people with certain risk factors for severe illness:

- [Older adults](#)
- [Young children](#)
- [People with weakened immune systems](#)
- [People with disabilities](#)
- [Pregnant people](#)

Should individuals in high-risk settings use the same isolation recommendations as the general public?

Non-healthcare high-risk settings (for example, Adult and Senior Care Facilities) may consider following healthcare personnel recommendations or may follow the isolation and exposure recommendations that are applicable to the general public in the [TDH COVID-19 Recommendations](#), depending on the population served and level of risk for severe disease.

Does this updated guidance apply in Homeless Service Sites and in Correctional and Detention Facilities?

This guidance applies to community settings, including non-healthcare portions of correctional facilities and non-healthcare portions of shelters for people experiencing homelessness. Healthcare workers who provide care in these settings should refer to the [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#).

Does this guidance apply to clusters or outbreaks?

No, this guidance should not be used for outbreak management purposes. Public health will continue to investigate clusters, especially in long-term care facilities and high-risk congregate settings. More details about cluster response can be found here: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID19-Cluster-FAQs.pdf>.