

# Q & A: Self-Quarantine

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If you reside in Teton County, WY and had close contact with someone who tested positive for COVID-19 while that person was infectious, you will be called by a contact tracer from the Teton County Health Department. They will ask you to self-quarantine at home for 14 days from the last day that you had contact with the case (i.e. the person who tested positive). An example quarantine order can be found here: <https://tetoncountywy.gov/2166/Self-Isolation-and-Quarantine-Questions>

**However, it might take our contact tracers a few days after the positive test result to get in touch with you, especially if many new cases are being reported in our community. So, what should you do in the meantime?**

**Q: How do I assess whether I had “close contact” with a positive case?**

The following situations count as close contact:

- You were within 6 feet of someone who has COVID-19 for at least 10 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

**Q: If I believe I had close contact, what should I do next?**

We recommend that you self-quarantine at home, starting immediately. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. This helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Do not go to work, school, or public areas. Prohibit unnecessary visitors to your home. Do not use public transportation, ridesharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you must go out, such as to seek medical care, wear a face covering, avoid places with lots of people, and stay at least 6 feet from others. It is especially important to stay away from people who are at higher risk for getting very sick from COVID-19, such as older adults and people with underlying medical conditions.

You should also monitor yourself for symptoms daily. This involves checking your temperature twice per day and seeing if you have developed a cough, sore throat, difficulty breathing, shortness of breath, muscle aches, headache, or loss of smell/taste.

If you have a fever (100.0°F or above) or any symptoms, contact your medical provider or St. John’s Health at (307) 739-4898. If you need emergency medical care call 911 and be sure to tell them you may have been exposed to COVID-19. Please see [Q & A: Self-Isolation](#) for more information if you develop symptoms.

Q: After I had close contact with a positive case, I was tested, and the result was negative. Is it safe for me to stop self-quarantining?

No. There is a delay between when you are exposed and when your viral load will be high enough to be detected by a test. If you were tested shortly after your contact with the positive person, you can still test negative and later develop symptoms and become infectious to others. Close contacts should quarantine for the full 14 days since their last exposure to the positive case, regardless of test results.

Q: What if I live with other people, or with the person who tested positive?

If you live with other people, try to stay away from them as much as possible, ideally in a separate room. If you are unable to stay in separate rooms, wear a cloth face covering as much as possible. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty.

If you live with someone who tested positive for COVID-19, click on this link:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

It will tell you what to do in different scenarios, depending on how your living quarters are set up.

Q: What if I never get a call from a contact tracer?

It will sometimes take our contact tracing team a few days to get in touch with every person that was in close contact with a case. This is especially true when many new cases are being reported each day and when cases identify numerous close contacts.

If you do not receive a call from a contact tracer after several days, you probably did not meet the definition of “close contact” per the CDC guidelines. However if you feel that this is incorrect and you have reason to believe you truly are a close contact, continue to self-quarantine and reach out to us by email at [ph@tetoncountywy.gov](mailto:ph@tetoncountywy.gov).

Q: What resources are available to me while I am self-quarantining?

Our community has stepped up to provide multiple sources of assistance during this time. You can access services such as food and grocery delivery, prescription delivery, financial assistance, pet assistance, and more. Go to [www.jhccovid.com](http://www.jhccovid.com) and click on the "Resources" tab at the top of the page.

Q: Who should I contact with questions or concerns?

Please email additional questions to Teton County Health Department at [ph@tetoncountywy.gov](mailto:ph@tetoncountywy.gov)