



Close Contacts of Persons with Coronavirus Disease 2019 (COVID-19)

9/28/2021

Dear Emily

The Secretary of Health is directing you as a close contact of a person that has COVID-19 to self-quarantine in your home. COVID-19 is a disease that is capable of rapidly spreading person-to-person. Symptoms of COVID-19 may include cough, shortness of breath, fever (a body temperature of 100.4F/38C or higher), chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell. Older adults and people who have serious chronic medical conditions are at a higher risk for serious illness.

Your required quarantine begins after the date of last exposure to a person infectious with COVID-19. A quarantine period of 14 days from the date of the last exposure is the most protective quarantine and remains the strategy with the greatest collective experience showing reduced disease transmission at the present time. If a 14-day quarantine causes you an undue burden and you are not in a healthcare setting, in which case you must follow either [Pennsylvania Health Alert \(PA HAN\) 510](#) or [PA HAN 526](#), or congregate setting (e.g., prison or shelter), you may end quarantine before the end of Day 14 if one of the following options apply:

(1) Allowing Release From Quarantine After Day 10: You have no symptoms through Day 10 of quarantine and you continue daily symptom monitoring, masking, and physical distancing through Day 14.

(2) Allowing Release From Quarantine No Earlier than After Day 7: You have no symptoms through Day 7 of quarantine and you have received a negative polymerase chain reaction (PCR) or antigen test for SARS-CoV-2 that occurred on Day 5 or later. You must, however, continue daily symptom monitoring, masking, and physical distancing through Day 14. It should be noted that lack of available diagnostic testing resources may prevent the use of this option and that quarantine cannot be shortened prior to completion of Day 7.

No matter the duration, during your quarantine you are directed to do the following:

1. Do not travel or leave the place to which you have been quarantined except to seek medical care or SARS-CoV-2 testing.

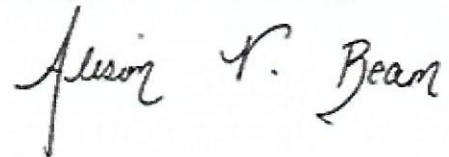
2. Watch for symptoms of COVID-19, including taking your temperature twice a day, and immediately report any symptoms that develop, along with your quarantine status, to your health care provider.
3. Cooperate with the monitoring and other contacts of the Department of Health (Department) or its representatives, including immediately reporting to the Department if you or a household member develop symptoms of COVID-19 at 1-877-724-3258 (option 1).
4. Maintain social distancing of at least 6 feet from family members.
5. Do the following:
 - a. Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
 - b. Cover any coughs or sneezes with your elbow.
 - c. Clean regularly touched surfaces and items frequently.

COVID-19 is a threat to the public's health, for which the Secretary of Health may order general control measures, including, but not limited to, quarantine. This authority is granted to the Secretary of Health under Sections 5 and 7 of the Disease Prevention and Control Law, sections 2102 and 2106 of the Administrative Code of 1929, and the Department's regulations found at 28 Pa. Code §§ 27.60-27.68.

You must immediately adhere to this quarantine directive and all disease control measures included in it. If you do not cooperate with this directive, the Secretary of Health may petition a court to have you confined to an appropriate place chosen by the Department to make certain that you are not able to infect the public, and to make certain that you receive proper care. You will be kept there until the Department determines it can release you from quarantine. Law enforcement may be called upon, to the extent necessary, to ensure your compliance with this directive. Please feel free to contact the Department about the content of this directive at 1-877-724-3258 (option 1).

The Department is concerned about the health and well-being of you, your family and the general public during this outbreak. We understand that this is a difficult time, and that some individuals may need additional support during this period. Please reach out to us if you or your family need assistance by contacting the Department at 1-877-724-3258 (option 1).

Sincerely,



Alison V. Beam, JD
Acting Secretary of Health
Commonwealth of Pennsylvania