



# UNDERSTANDING COVID-19 INFECTION PERIOD

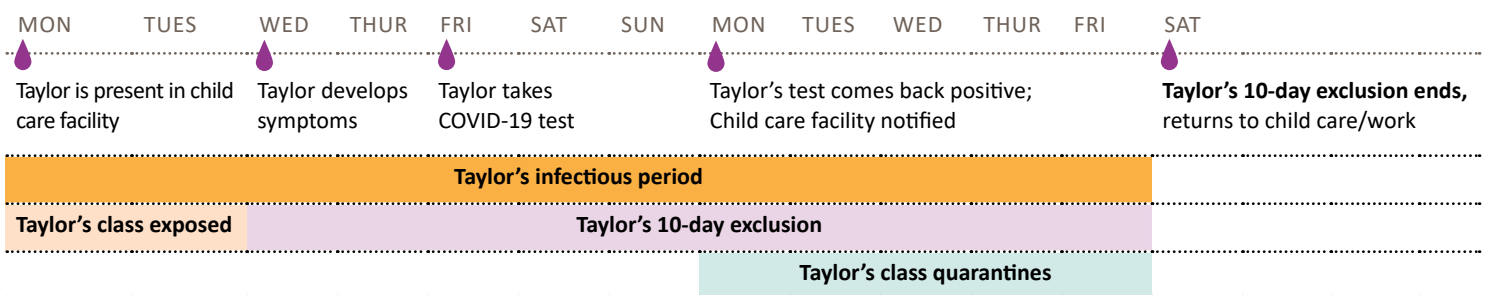
People can spread COVID-19 before they experience any symptoms. A person can spread the virus to others two days before they start to feel sick. This is important in order to know when and how long someone must quarantine. A person exposed to someone with COVID-19 during his or her infectious period must quarantine to ensure the virus does not spread. The example below follows Taylor, an early childhood educator, who contracts COVID-19.

**TAYLOR** is a staff member at a child care facility. On Monday, she went to work feeling healthy. There were eight children in her class. On Tuesday, she was also at work with those same children.

Before work on Wednesday, Taylor started feeling feverish and had a bit of a sore throat. She took her temperature at home, and it was 101 degrees. She did not go in to work. She stayed at home for the next 10 days and made a quick trip to her doctor’s office for a COVID-19 test within that time.

When Taylor received positive test results, she immediately notified her employer. Because she was in child care for two days before her symptoms started, she was contagious while at work. The infectious period is two days before symptoms begin, until 10 days after. The child care notified all eight families in Taylor’s class of their need to quarantine at home. Taylor’s class should have quarantined at home for 10 days after they were last with Taylor. However, her positive test results didn’t come back until Monday and she didn’t have any known exposure to COVID-19. As soon as the families were notified, Taylor’s class quarantined at home for the remainder of that 10-day period.

## TAYLOR’S TIMELINE



Notify the local public health authority and the Office of Child Care if anyone who has entered the facility, including household members within a family child care facility, is diagnosed with COVID-19.

The **INFECTIOUS PERIOD** is two days before to 10 days after the person with COVID-19 first becomes symptomatic. If the COVID-19 case doesn’t have symptoms, infectious period is 2 days before the day the test was taken (not the day they got their test result) to 10 days after.

**EXCLUSION** is when person either has symptoms of COVID or a confirmed/presumptive case, they must be excluded from child care facility. The exclusion period is 10 days. Begin counting the exclusion period on the day symptoms arise OR if no symptoms, the day the individual was tested.

**EXPOSURE** means close contact with a COVID-19 case (less than six feet) for longer than 15 minutes in a 24-hour period.

**QUARANTINE** means you stay away from other people when you may become sick, even if you have no symptoms. Quarantine should last at least 10 days.

Quarantine may be shortened to 7 days if:

- You take a test between days 5 and 7 of your quarantine;
- The test is negative; and
- You don’t have symptoms.

To learn more visit: <https://oregonearlylearning.com/COVID-19-Resources/For-Providers> or contact us at: [ProviderContact@state.or.us](mailto:ProviderContact@state.or.us)

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