

Who Needs to Quarantine?

People who have been in **close contact** with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. People who develop symptoms within 3 months of their first bout of COVID-19 may need to be tested if there is no other cause identified for their symptoms.

What counts as **close contact** to a COVID-19 case?

- You were closer than 6 feet, for 15 minutes or more total in a day
- You had direct exposure to coughs, sneezes, or other bodily fluids
- You had direct physical contact e.g. hug, kiss, handshake
- You live or spent the night with someone

Quarantine Guidelines

10-Day Quarantine

Steps to Take

Without Testing & No Symptoms

Without a test, a person should self-quarantine for 10 days and monitor themselves for symptoms

A person can end self-quarantine after 10 days if they have had no symptoms AND for days 11-14, they conduct daily symptom monitoring and strictly adhere to social distancing, consistent mask use, and avoiding gatherings

Stay home and monitor your health

- Stay home for **10 days** after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
- If you have had no symptoms for 10 days, you may end your quarantine after Day 10.
- Contact your healthcare provider if you develop symptoms.

7-10 Day Quarantine

Steps to Take

With Testing & No Symptoms

Acceptable tests:

- Rapid (antigen)
- PCR

A person can end a self-quarantine at 7 days after exposure if they test negative and have had no symptoms AND for days 8-14, they conduct daily symptom monitoring and strictly adhere to social distancing, consistent mask use, and avoiding gatherings

Stay home and monitor your health

- Stay home for at least **7 days** after your last contact with a person who has COVID-19.
- **Get tested (Rapid-antigen or PCR) no sooner than Day 6 of quarantine. Remain in quarantine until a result comes back.** If the test comes back negative and you have had no symptoms, you may end your quarantine after Day 7.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- Contact your healthcare provider if you develop symptoms.

14-Day Quarantine **CDC continues to recommend 14-day quarantine as “Gold Standard”**

Steps to Take

Without Testing & No Symptoms

A person should self-quarantine for 14 days and monitor themselves for symptoms

A person can end self-quarantine after 14 days if they have had no symptoms

Stay home and monitor your health

- Stay home for **14 days** after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
- Contact your healthcare provider if you develop symptoms.

Household Contacts of Positive Cases

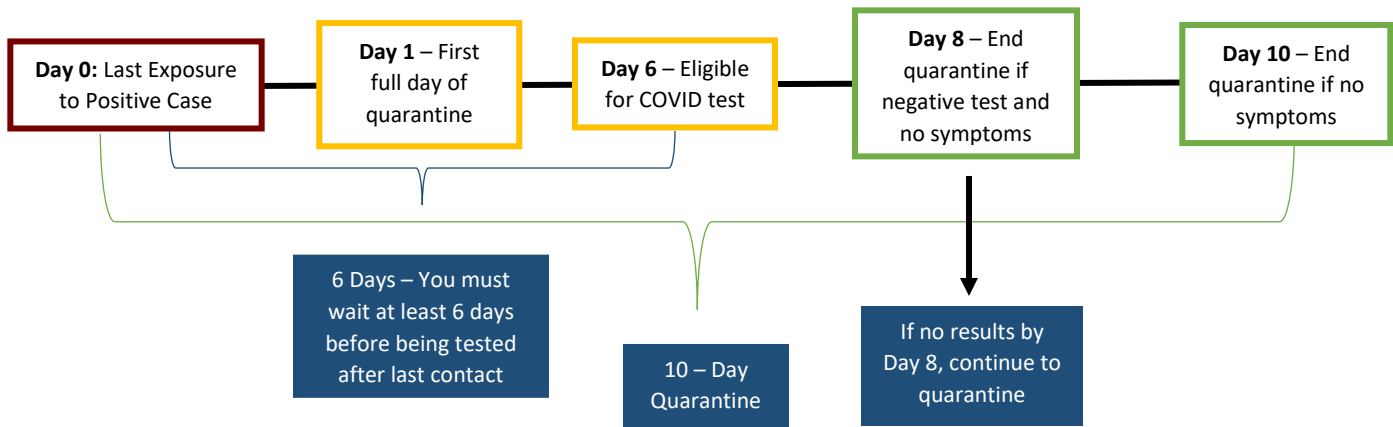
Steps to Take

Stay home and monitor your health

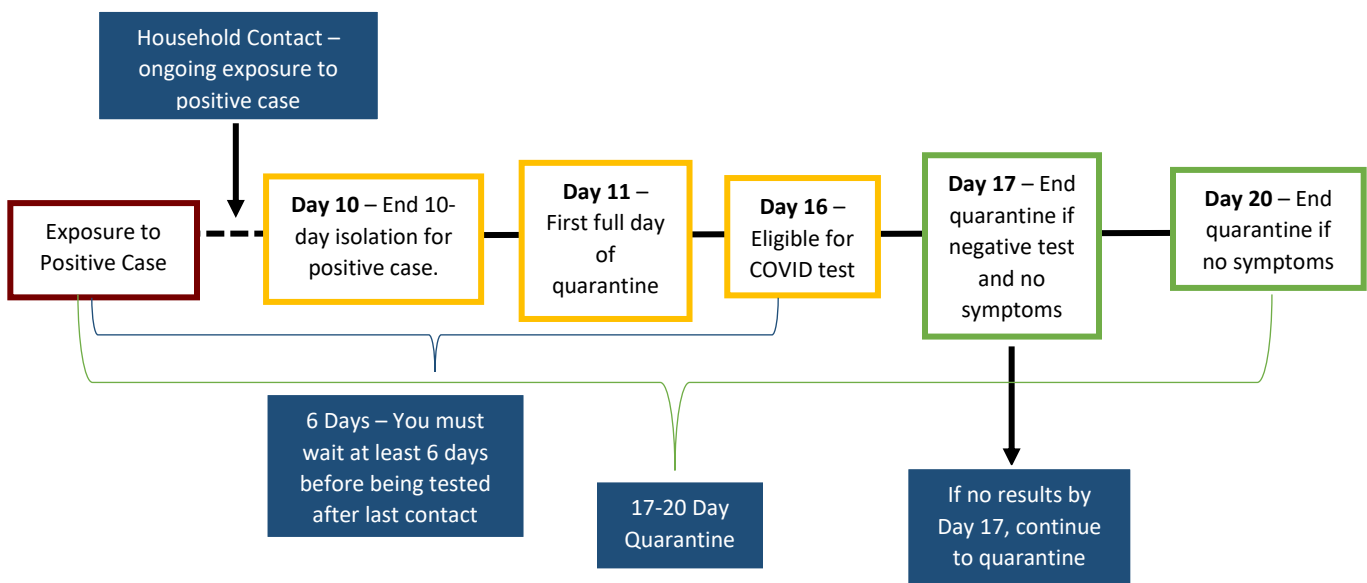
- Your last day of quarantine is 10 days from the last date you had close contact.
- Due to ongoing exposure, household contacts that are unable to completely separate from the positive case are advised to quarantine for 10 days from the positive case's last day of isolation/well date.

Close contacts may be quarantined from 17-20 days.

CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19



HOUSEHOLD CONTACT* WITH SOMEONE DIAGNOSED WITH COVID-19



***Unable to completely separate from sick person in your home.** If complete separation can be done, see Close Contact. Complete separation means no contact, no time together in the same room, no sharing of any spaces, such as using the same bathroom.