Quarantine

If you were exposed

Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

	Quarantine for at least 5 days	After quarantine	Take precautions until day 10
IF YOU Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations	**Stay home** Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home. **Get tested** Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Wear a mask** Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. **Avoid travel** **Avoid being around people who are at high risk**
IF YOU Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations	**No quarantine** You do not need to stay home **unless** you develop symptoms. **Get tested** Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Wear a mask** Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. **Avoid travel** **Avoid being around people who are at high risk**
IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)	**No quarantine** You do not need to stay home **unless** you develop symptoms.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. **If you develop symptoms** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Wear a mask** Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. **Avoid travel** **Avoid being around people who are at high risk**

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html