# Quarantine and Isolation

**Quarantine**

<table>
<thead>
<tr>
<th>If you were exposed</th>
<th>Quarantine for at least 5 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay home</td>
<td>Stay home and quarantine for at least 5 full days.</td>
</tr>
<tr>
<td>Wear a mask</td>
<td>Wear a well-fitted mask if you must be around others in your home.</td>
</tr>
<tr>
<td>Do not travel</td>
<td>Do not travel.</td>
</tr>
<tr>
<td>Get tested</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>After quarantine</th>
<th>Watch for symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</td>
<td></td>
</tr>
</tbody>
</table>

| Avoid travel | It is best to avoid travel until a full 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. |

<table>
<thead>
<tr>
<th>Take precautions until day 10</th>
<th>Wear a mask</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Isolate</th>
<th>If you are sick or test positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.</td>
<td></td>
</tr>
</tbody>
</table>

## When to Stay Home

### 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.](https://www.cdc.gov/coronavirus/2019-ncov/yourself/isoquarantine.html)
5 days after you last had close contact with someone with COVID-19.

home until you know the results. Wear a well-fitted mask around others.

**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.**

**Take precautions if traveling**
Avoid being around people who are at high risk

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**Calculating Isolation**
Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

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**IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status**

**Stay home for at least 5 days**
Stay home for 5 days and isolate from others in your home.

Wear a well-fitted mask if you must be around others in your home.

**Do not travel.**

**Ending isolation if you had symptoms**
End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

**Ending isolation if you did NOT have symptoms**
End isolation after at least 5 full days after your positive test.

**If you were severely ill with COVID-19 or are immunocompromised**
You should isolate for at least 10 days. Consult your doctor before ending isolation.

**Take precautions until day 10**
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.

**Do not travel**
Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.

**Avoid being around people who are at high risk**

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**DEFINITIONS**

**Exposure**
Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

**Close Contact**
A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.