Quarantine and Isolation Ongoing COVID-19 Exposure FAQs

Updated Jan. 27, 2022

I live with someone with COVID-19, but I cannot be separated from them. How do we manage quarantine in this situation?

The person with COVID-19 and everyone they live with should wear a well-fitting mask inside the home.

If possible, one person should care for the person with COVID-19 to limit the number of people who are in close contact with the infected person.

Take steps to protect yourself and others to reduce transmission in the home:

- Quarantine if you are not up to date with your COVID-19 vaccines.
- Isolate if you are sick or tested positive for COVID-19, even if you don’t have symptoms.

Learn more about the public health recommendations for testing, mask use and quarantine of close contacts, like yourself, who have ongoing exposure. These recommendations differ depending on your vaccination status.

What should I do if I have ongoing exposure to COVID-19 from someone I live with?

Recommendations for this situation depend on your vaccination status:

If you are not up to date on COVID-19 vaccines and have ongoing exposure to COVID-19, you should:

- Begin quarantine immediately and continue to quarantine throughout the isolation period of the person with COVID-19.
- Continue to quarantine for an additional 5 days starting the day after the end of isolation for the person with COVID-19.
- Get tested at least 5 days after the end of isolation of the infected person that lives with them.
  - If you test negative, you can leave the home but should continue to wear a well-fitting mask when around others at home and in public until 10 days after the end of isolation for the person with COVID-19.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.

If you are up to date with COVID-19 vaccines and have ongoing exposure to COVID-19, you should:

- Get tested at least 5 days after your first exposure. A person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they do not have symptoms.
- Get tested again at least 5 days after the end of isolation for the person with COVID-19.
- Wear a well-fitting mask when you are around the person with COVID-19, and do this throughout their isolation period.
- Wear a well-fitting mask around others for 10 days after the infected person’s isolation period ends.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.

What should I do if multiple people I live with test positive for COVID-19 at different times?

Recommendations for this situation depend on your vaccination status:

If you are not up to date with your COVID-19 vaccines, you should:

- Quarantine throughout the isolation period of any infected person that you live with.
  - Continue to quarantine until 5 days after the end of isolation date for the most recently infected person that lives with you. For example, if the last day of isolation of the person most recently infected with COVID-19 was June 30, the new 5-day quarantine period starts on July 1.
  - Get tested at least 5 days after the end of isolation for the most recently infected person that lives with you.
  - Wear a well-fitting mask when you are around any person with COVID-19 while that person is in isolation.
  - Wear a well-fitting mask when you are around other people until 10 days after your last close contact.
  - Isolate immediately if you develop symptoms of COVID-19 or test positive.

If you are up to date with COVID-19 vaccines, you should:

- Get tested at least 5 days after your first exposure. A person with COVID-19 is considered infectious starting 2 days before they developed symptoms, or 2 days before the date of their positive test if they do not have symptoms.
- Get tested again at least 5 days after the end of isolation for the most recently infected person that lives with you.
- Wear a well-fitting mask when you are around any person with COVID-19 while that person is in isolation.
- Wear a well-fitting mask around others for 10 days after the end of isolation for the most recently infected person that lives with you. For example, if the last day of isolation for the person most recently infected with COVID-19 was June 30, the new 10-day period to wear a well-fitting mask indoors in public starts on July 1.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.

If you have COVID-19 and completed isolation. Do I have to quarantine or get tested if someone I live with gets COVID-19 shortly after I completed isolation?

No. If you recently completed isolation and someone that lives with you tests positive for the virus that causes COVID-19 shortly after the end of your isolation period, you do not have to quarantine or get tested as long as you do not develop new symptoms. Once all of the people that live together have completed isolation or quarantine, refer to the guidance below for new exposures to COVID-19.

If you had COVID-19 in the previous 90 days and then came into close contact with someone with COVID-19, you do not have to quarantine or get tested if you do not have symptoms. But you should:

- Wear a well-fitting mask indoors in public for 10 days after exposure.
- Monitor for COVID-19 symptoms and isolate immediately if symptoms develop.
- Consult with a healthcare provider for testing recommendations if new symptoms develop.
- If more than 90 days have passed since your recovery from infection, follow CDC’s recommendations for close contacts. These recommendations will differ depending on your vaccination status.