

# QUARANTINE AND ISOLATION

## Quarantine

If you were exposed

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

## Isolate

If you are sick or test positive

[Isolate](#) when you are sick or when you have COVID-19, even if you don't have symptoms.

## QUARANTINE *(for exposure)*

IF YOU...Were exposed to COVID-19 and **ARE NOT** [up-to-date](#) on COVID-19 vaccinations

**QUARANTINE** for at least 5 days\* and take precautions...

- 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.

After quarantine

- **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 until day 10

- **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**

\* 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.** Individuals who cannot wear a well-fitted mask need to quarantine for 10 full days.

IF YOU...Were exposed to COVID-19 and **ARE** [up-to-date](#) on COVID-19 vaccinations

**NO QUARANTINE** but take precautions...

- 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** 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 until day 10

- **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  
(i.e. you tested positive using a viral test)

**NO QUARANTINE** but take precautions...

- You do not need to stay home **unless** you develop 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 until day 10**

- **Wear a mask 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**

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**ISOLATION** *(for illness)*

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

**ISOLATE** 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.
- **If you had MILD symptoms/illness** you may [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.
- **If you did NOT have symptoms** you may [end isolation after at least 5 full days](#) after your positive test.
- **If you were severely ill with COVID-19** you should **isolate for at least 10 days**. [Consult your doctor before ending isolation](#).

**Take precautions until day 10**

- **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**

\*\* Your first day of symptoms or a positive viral test is considered day 0. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** Individuals who cannot wear a well-fitted mask need to isolate for 10 full days.

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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** 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.

**Up-To-Date** You are up to date on COVID-19 vaccinations if you have completed your vaccine series (including third dose if immunocompromised) and have had recommended booster doses (*age 12 and up, 5 months from your primary Pfizer/Moderna series OR 2 months from your Johnson & Johnson vaccine*).