

COVID-19 Quarantine

Stay Home If You Have Been Exposed



If you have been notified that you were a close contact to someone diagnosed with COVID-19, you should quarantine (stay home, not leave the house for any reason other than to seek medical care) for 10 days.

You should continue to monitor your health for symptoms until day 14, and always wear a mask.

WHAT IS CONSIDERED A CLOSE CONTACT

A close contact is anyone who was within 6 feet or less of someone diagnosed with COVID-19 for a total of 15 minutes or more (combined total time) starting 2 days before their symptoms began.

This is their “infectious period”. If they don’t have symptoms, it is two days before the day they were tested for COVID-19.

Below are some scenarios to help you determine when you should stop quarantine.

IMPORTANT:

Even if you test negative, you should continue to stay home for your entire quarantine period since you could still develop symptoms later or be infected and not have signs or symptoms.

Scenario 1:

Close contact with someone who has COVID-19. This could be an exposure to a friend, neighbor or coworker, or it could be an exposure to a household contact that is able to completely isolate (stay in a separate bedroom and have no further contact with anyone else in the home) from household members. *Close contact should quarantine for 10 days from the last time they were around the case. You should continue to monitor yourself for symptoms through day 14, and always wear a mask.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Last close contact with person who has COVID-19	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

Scenario 2:

Close contact with a household member diagnosed with COVID-19 and unable to avoid continual close contact. This could be due to the household member not having their own bedroom or the case needing to provide/receive care from someone else (either too young or needing medical care). *Close contact should quarantine until 10 days after the person with COVID-19 ends their isolation period.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Person is sick/has COVID-19	30	31	1	2	3	4	5
Criteria met to end home isolation. Quarantine starts	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

Scenario 3:

Close contact is under quarantine and then has an additional exposure to someone diagnosed with COVID-19. This may happen when an additional household member becomes ill. *Close contact should restart the 10 days of quarantine based on their last exposure to the most recent case.*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start of first quarantine	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

..... Last day of quarantine

..... Additional contact or someone else got sick; quarantine starts over

