

# New Quarantine Options for someone EXPOSED to COVID-19

## 14 Days

- Day 0 = the day you last had contact with positive person
- ONLY option for those with symptoms even if they are mild
- This option is HIGHLY recommended for anyone that interacts with people at high-risk
- Do not go to work, school, or other places outside your home

## 10 Days

- Day 0 = the day you last had contact with positive person
- MUST HAVE NO symptoms; even mild

## 7 Days

- Day 0 = the day you last had contact with positive person
- MUST HAVE NO symptoms; even mild
- Must have either a PCR or Antigen NEGATIVE test at day 5 or after

Isolation			
Patient Type	Symptoms	Illness Severity	Isolation/Quarantine Duration
Case/General	Any	Mild to Moderate	10 days from symptom onset or test date
Case/Congregate setting	Any	Mild to Moderate	14 days from symptom onset or test date
Case/Congregate setting	Any	Severe to Critical	20 days from symptom onset or test date
Case/Immunocompromised	None	NA	20 days from test date
Quarantine			
Contact/High Risk interactions	None or mild	NA	14 days from last exposure
Contact/General	None	NA	10 days from last exposure
Contact/General	None	NA	7 days from last exposure *with negative Antigen or PCR @ day 5 or later