

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.](#)

IF YOU

Were exposed to COVID-19 and are NOT [up-to-date](#) on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home
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
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
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 are [up-to-date](#) with vaccination OR 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.

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

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
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

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.

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.

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

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.

Avoid travel

Avoid being around people who are at high risk



If You Test **POSITIVE** for COVID-19 (regardless of vaccination status)

Day 1-5

Day 6-10



Stay home



If you have **no symptoms** or your **symptoms are resolving**, you can leave your house—continue to wear a mask around others.

If you have a fever, continue to stay home until your fever resolves.



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If You were **EXPOSED** to COVID-19 & Boosted

Day 1

Day 5

Day 10



Wear a mask around others for 10 days.
Test on day 5, if possible

If you develop symptoms get a test and stay home.



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If You were **EXPOSED** to COVID-19 & Unvaccinated OR Vaccinated >6 mo. ago with Pfizer or Moderna vaccine or >2 mo. ago with J&J vaccine

Day 1-5

Day 5

Day 6-10



Stay home



Test if
Possible



Continue to
wear a mask
around others

If you can't quarantine you must wear a mask for 10 days.

If you develop symptoms get a test and stay home.



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