

COVID-19 Quarantine Recommendations for Close Contacts

Quarantine — Stay home and away from other people to stop the virus from spreading.

- If you were exposed to a non-household person and both you and the infected person were always wearing a mask during the exposure; this would exempt you from being quarantined.

DAY 0/MOST
RECENT EXPOSURE

DAY 6

DAY 7

DAY 10

DAY 14

- ✓ If you develop symptoms, get tested and isolate from others, including family members, if possible.
- ✓ You must continue to monitor your symptoms for 14 days and wear a mask when outside of your home.

Test for COVID

PCR test
(standard or
rapid) **Or**
Antigen (rapid
COVID test)

Optional Early Release from Quarantine AFTER DAY 7 for Close Contacts With a Negative Test Result

- ✓ Remain symptom-free.
- ✓ Tested for COVID-19 on or after day 6.
- ✓ Have a negative test result (PCR or antigen test can not be administered more than 48 hours prior to release).

Optional Early Release from Quarantine AFTER DAY 10 for Close Contacts Who Have Not Tested for COVID-19

- ✓ Remain symptom-free.