

Self-Quarantine Instructions for Individuals Exposed to COVID-19



What you need to know if you've had close contact with someone with COVID-19

Why should I self-quarantine?

If you have been in [close contact](#) with someone with COVID-19, you should stay home ([self-quarantine](#)) and take extra precautions because you may be infected and could spread the disease, even if you never feel sick. ANYONE who experiences [COVID-19 symptoms](#) should immediately self-quarantine and get tested, even if they are vaccinated or have had a previous COVID-19 infection.

How do I self-quarantine?

Stay home except to get medical care. Do not have any visitors. Wear a [well-fitting mask](#) when around others; especially anyone unvaccinated, with a weak immune system, or at [higher risk](#) for serious COVID-19 illness. Learn more about [how to protect yourself and others](#).

How long should I self-quarantine?

If you do not get tested, you should quarantine for 10 full days. You may end quarantine after 5 days IF you test negative on Day 5* (or later) after your last contact (exposure) with an infected person AND you've had no symptoms. Monitor yourself for symptoms and wear a well-fitting mask around others – especially indoors – for 10 days after your last contact, even if you end quarantine after 5 days. See: [Get the Most Out of Masking](#).
*Day 1 is the day *after* your last exposure. Count from Day 1 and test on Day 5 (or later) to see if you can end quarantine *after* Day 5.

What if I have been vaccinated or had COVID-19 before?

If you have had COVID-19 within the last three months OR if you were [up to date](#) on your vaccinations, including boosters if [eligible](#), at the time of your exposure, you do not need to quarantine as long as you have had no symptoms since being exposed.* Monitor yourself for [symptoms](#) and take precautions for 10 days from last contact with someone with COVID-19. This includes wearing a mask when indoors with others (even at home). If you have been vaccinated, you should still get tested on Day 5 (or soon after) following your last contact. If you previously tested positive for COVID-19 in the last three months, you do not need to get tested.

***Exceptions:** Your [employer](#), place of residence, or [local health department](#) may have different requirements.

Should I get tested for COVID-19 during self-quarantine?

Yes, you should consider getting tested as soon as possible when told you may have been exposed to COVID-19, *even if you have no symptoms*. Everyone who has been exposed should test on Day 5 (or soon after) following your last contact (exposure) with someone with COVID-19. [Get information about testing](#) or call (833) 422-4255 or 211.

What should I do if I start to have symptoms?

Anyone who develops COVID-19 symptoms should get tested right away and [self-isolate](#) while awaiting results. Contact your healthcare provider with questions about your symptoms, care, and treatment options, and alert them if you are at [higher risk for serious illness](#).

Read our [full guidance](#).



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Isolation and Quarantine Recommendations for the General Public (not applicable to healthcare personnel)

Table 1

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
Everyone, regardless of vaccination status, previous infection or lack of symptoms.	<ul style="list-style-type: none"> • Stay home (PDF) for at least 5 days. • Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative. • If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. • If fever is present, isolation should be continued until fever resolves. • If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10. • Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) <p>*Antigen test preferred.</p>

Table 2

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> • Unvaccinated; OR • Vaccinated and booster-eligible but have not yet received their booster dose.** <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster eligible)</p>	<ul style="list-style-type: none"> • Stay home (PDF) for at least 5 days, after your last contact with a person who has COVID-19. • Test on day 5. • Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. • If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. • Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information). • Strongly encouraged to get vaccinated or boosted. • If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.

** Workplace Setting (not applicable to healthcare personnel):

In a workplace setting, asymptomatic employees in this category are not required to stay home from work if:

- A negative diagnostic test is obtained within 3-5 days after last exposure to a case
- Employee wears a well-fitting mask around others for a total of 10 days

- Employee continues to have no symptoms.

Table 3

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> • Boosted; OR • Vaccinated, but not yet booster-eligible. <p>(Refer to CDC COVID-19 Booster Shots to determine who is booster-eligible)</p>	<ul style="list-style-type: none"> • Test on day 5. • Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information) • If testing positive, follow isolation recommendations above. • If symptoms develop, test and stay home.

Exposed persons, whether quarantined or not:

- Should consider testing as soon as possible to determine infection status and follow all isolation recommendations above if tested positive. Knowing one is infected early during quarantine enables (a) earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and (b) notification of exposed persons ("close contacts") who may also benefit by knowing if they are infected.
- If developing symptoms, should also:
 - Self-isolate and test as soon as possible (do not wait until 5 days after exposure to retest if symptoms develop earlier); AND
 - Continue to self-isolate if test result is positive, and contact their healthcare provider regarding available treatments and any questions concerning their care.

Diagnostic Testing

An antigen test, nucleic acid amplification test (NAAT) or LAMP test are acceptable, however, it is recommended that persons use an antigen test for ending isolation. Exposed persons who were infected with SARS-CoV-2 within 90 days prior to their current exposure should also use an antigen test. Use of Over-the-Counter tests are also acceptable to end isolation or quarantine.

Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should self-isolate to prevent spreading the disease to your family, friends, and community.

How long should I self-isolate?

You should self-isolate for at least 5 full days after your symptoms start (or after your first positive test date if no symptoms). You can end isolation after 5 days if you test negative (antigen test preferred) on Day 5 or later—as long as you have no fever and your symptoms are improving. If you don't test, isolate for 10 full days, continuing until any fever resolves. Day 1 is the day *after* symptoms start (or *after* the day of your first positive test, only if you never have symptoms). Count from Day 1 and test on Day 5 (or later), to see if you can end isolation *after* Day 5. Wear a well-fitting mask around others – especially when indoors – for 10 days, even if you stop isolating earlier. See [Get the Most Out of Masking](#) for more information.

How do I self-isolate?

- Stay home except to get medical care. Do not have any visitors.
- Wear a well-fitting mask when around others, including at home, especially around anyone unvaccinated, with a weak immune system, or at [higher risk](#) for serious COVID-19 illness.
- Wash your hands often; otherwise use hand sanitizer with at least 60% alcohol.
- Disinfect any surfaces you touch frequently. Use a separate bathroom or disinfect a shared bathroom after each use.
- Avoid being in the same room as other people, especially those [more likely to get sick](#), such as people who:
 - Are over age 65, pregnant, or severely overweight.
 - Have a chronic disease (like cancer, diabetes, heart/lung disease).
 - Have a weak immune system.
- If you must be in a shared space, open windows when possible (or use portable air cleaners and exhaust fans) and ensure everyone is wearing a well-fitting mask.

How can I care for myself at home?

Proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain. Contact your healthcare provider about treatment and any questions about your care, especially if you are at higher risk for serious illness or your symptoms worsen.



Call 911 if you start to have emergency warning signs:

- Difficulty breathing
- Pressure or pain in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

If you call 911, tell the dispatch personnel that you have COVID-19.



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