

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. If you are unable to quarantine away from the positive person, your 5 day quarantine will start after their 5 day quarantine ends. [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

Option 1:

Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Watch for symptoms and wear a well-fitted mask until 10 days after you last had close contact with someone with COVID-19.

Option 2:

If you are unable to quarantine, a well fitted mask must be worn for 10 days (this is not an option if the positive person lives in your home)

Option 3:

If you are unable to mask, you must quarantine for 10 days

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 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- boosted if eligible OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

You do not need to stay home unless you develop 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 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 positive test date. Day 1 is the first full day after your positive test date. If you have COVID-19, 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 and [isolate](#) from others in your home.

Wear a well-fitted mask if you must be around others in your home.

[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.

Wear a well fitted mask for a full 10 days when around others

If you are unable to wear a mask, continue to isolate for 10 days

If you were severely ill with COVID-19 You should be isolated for at least 10 days. [Consult your doctor before ending isolation.](#)

Take precautions until day 10

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