COVID-19 When to Quarantine

FOR ADDITIONAL QUESTIONS CALL YOUR COUNTY HEALTH DEPARTMENT

WHEN TO START AND END QUARANTINE

You should stay home for 14 days after your last contact with a person who has COVID-19.

all the For following scenarios. even if you test negative for COVID-19 or feel healthy, should stay vou home (quarantine) symptoms since may appear 2 to 14 days after exposure to the virus.

SCENARIO 1:

CLOSE CONTACT WITH SOMEONE
WHO HAS COVID-19—WILL NOT HAVE
FURTHER CLOSE CONTACT

I had close contact with someone who has COVID-19 and will not have further contact with the person while they are sick (e.g., co-worker, neighbor, or friend). My last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine

		mon	tue	wed	thu	fri	sat	sun			
	Last close •• contact		1 2 3 4	4	5	5					
	with person who has COVID-19	6	7	8	9	10	11	12	- Last day of quarantine		
		13	14	15	16	17	18	19			
		20	21		23		25	26			
		27	28	29	30	31 1	4 DAY QUA	RANTINE			

SCENARIO 2:

CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19—LIVE WITH THE PERSON BUT CAN AVOID FURTHER CLOSE CONTACT

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated. My last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine

	mon	tue	wed	thu	fri	sat	sun	
Person with ••• COVID-19)	\cdot	2	3	4	5	
starts home isolation		7	8	9	10	11	12	Last day of quarantine
	13	14	(15)	16	17	18	19	
	20	21			24		26	
	27	28	29	30	31 1	4 DAY QUA	RANTINE	

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SCENARIO 3: UNDER QUARANTINE AND HAD ADDITIONAL CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19?

Do I need to restart my quarantine?

Yes. I will have to restart my 14-day quarantine from the last day I had close contact with anyone in my house who has COVID-19.

Any time a new household member gets sick with COVID-19 and I had close contact, I will need to restart my 14-day quarantine.

	mon	tue	wed	thu	fri	sat	sun	
Start of first quarantine		·····>	(1)	2	3	4	(5)	◆Additional contact or
	6	7	8	9	10	11	12	someone else got sick, quarantine
	13	14	15	16	17	18	19	starts over Last day of
	20	21	22	23	24	25	26	quarantine
	27	28	29	30	31 1	4 DAY QUA	RANTINE	

SCENARIO 4: LIVE WITH SOMEONE WHO HAS COVID-19 AND CANNOT AVOID CONTINUED CLOSE CONTACT

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet. I should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine.

	mon	tue	wed	thu	fri	sat	sun	
Person is ▶ sick/ has	30	31	1	2	3	4	5	
COVID-19 Criteria ••	6	7	8	9	10	11	12	
met to end home isolation	13	14	15	16	17	18	19	
isolation	20	21	22	23	24	25	26	Last day of
	27	28	29	30	31 1	4 DAY QUAI	RANTINE	quarantine