

QUARANTINE AND ISOLATION GUIDELINES

DEFINITIONS

Quarantine: Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others. You quarantine when **you might have been exposed** to the virus and may or may not have been infected.

Isolation: Isolation is used to separate people with **confirmed or suspected COVID-19** from those without COVID-19, even if you don't have symptoms.

Close Contact: Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period.

Last Date of

Close Contact: The last date of close contact is considered **Day 0**. (For example, if your last date of contact was Saturday, 1/1/22, then Sunday 1/2/22 is considered day 1).

WHO DOES NOT NEED TO QUARANTINE?

If you came into close contact with someone with COVID-19, you do not need to quarantine if you are in one of the following groups:

- Age 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- Age 5-17 years and completed the primary series of COVID-19 vaccines.
- Had confirmed COVID-19 within the last 90 days (you tested positive using a viral test).

Although you don't need to quarantine, you should do the following:

- Wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19.
- Get tested at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow isolation recommendations.
 - **Testing Exception:** If you had confirmed COVID-19 within the previous 90 days, recovered, and remain symptom-free, you do not need to get tested after close contact.

WHO SHOULD QUARANTINE?

If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

- You completed the Pfizer or Moderna primary series over 6 months ago, but have not received a recommended booster shot.
- You received the single-dose Johnson & Johnson vaccine over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

WHAT TO DO FOR QUARANTINE

- Stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19. Wear a well-fitting mask when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.
- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.
- If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- If you test negative, you can leave your home, but continue to wear a well-fitting mask when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
- If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop COVID-19 symptoms, isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow isolation recommendations in the isolation section.
- If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without COVID-19 symptoms throughout the 5-day period. Wear a well-fitting mask for 10 days after your date of last close contact when around others at home and in public.
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to quarantine, you should wear a well-fitting mask for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day quarantine period. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days are completed, wear a well-fitting mask when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

ISOLATION

People with **confirmed or presumed** COVID-19 need to isolate **regardless of their vaccination status**. This includes symptomatic and asymptomatic people who have a positive viral test for COVID-19, and people with symptoms of COVID-19 awaiting test results.

- You should **stay home and for least 5 full days** (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons).
- Anyone sick or infected should separate from others. Stay in a specific "sick room" or area and use a separate bathroom if available.
- Wear a well-fitting mask when around others at home, and in public for an additional 5 days.
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.

For more information, visit www.cdc.gov