

You should stay away from others for 14 days if:

- Someone in your home has COVID-19.
- You live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

14-Day Quarantine - the safest option.



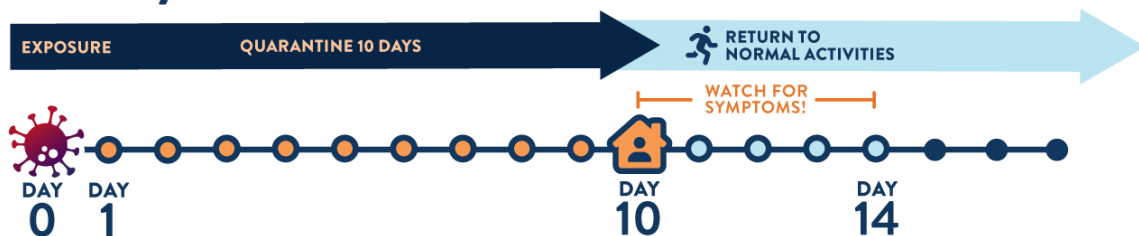
You may consider being around others after 10 days if:

- You do not have any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

Even after 10 days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

10-Day Quarantine



You may consider being around others after seven days only if:

- You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative.
- You do not have any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

Even after seven days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

7-Day Quarantine - requires a negative COVID-19 test.



You cannot end your quarantine before seven days for any reason.

More information about these updated recommendations is available at:

- [Quarantine Guidance for People who are Contacts of a COVID-19 Case \(PDF\)](#)
Detailed version on who needs to quarantine, how to quarantine, and how long to quarantine.

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- [CDC: When to Quarantine](#)