

# COVID-19 Quarantine Recommendations for Close Contacts

**Quarantine** — Stay home and away from other people to stop the virus from spreading.

- If you were exposed to a non-household person and both you and the infected person were always wearing a mask during the exposure; this would exempt you from being quarantined.

DAY 0/MOST  
RECENT EXPOSURE

DAY 6

DAY 7

DAY 10

DAY 14



*If you develop symptoms, get tested and isolate from others, including family members, if possible.*



*You must continue to monitor your symptoms for 14 days and wear a mask when outside of your home.*

## Test for COVID

PCR test  
(standard or  
rapid) **Or**  
Antigen (rapid  
COVID test)

## Optional Early Release from Quarantine AFTER DAY 7 for Close Contacts With a Negative Test Result



Remain symptom-free.



Tested for COVID-19 on or after day 6.



Have a negative test result (PCR or antigen test can not be administered more than 48 hours prior to release).

## Optional Early Release from Quarantine AFTER DAY 10 for Close Contacts Who Have Not Tested for COVID-19



Remain symptom-free.