How Long To Quarantine

Close contact with COVID-19 infection?

10-day symptom-free quarantine or 7-day symptom-free quarantine and a negative test* on or after the 5th day**

No ⟵ **Are you a**
- **healthcare worker or**
- **first responder?**

No ⟵ **Do you**
- **live with or**
- **work in a high-risk setting* and/or with people who are at increased risk** for severe disease?**

Yes ⟵ **Were you wearing a mask at the time of exposure?** ⟵ **No**

* High-Risk Settings
- Long-term care facilities
- Residential facilities
- Jails and detention centers

Yes ↓

7-day symptom-free quarantine and negative test* on or after the 7th day**

Yes → **14-Day Quarantine** ⟵ **No**

Note
Practice wearing a mask, washing your hands and watching your distance for the full 14 days following your last exposure, even within your household.

*** Tests
PCR or Rapid Antigen

If you test* positive for COVID-19, self-isolate for at least 10 days from the onset of symptoms and for at least 1 additional day following the resolution of fever and improvement of other symptoms.**

** Individuals With Increased Risk
- Persons > 65 years of age
- Persons with underlying conditions:
  - Cancer
  - Chronic kidney disease
  - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Obesity (body mass index [BMI] of 30 kg/m² or higher but <40 kg/m²)
  - Severe obesity (BMI>40 kg/m²)
  - Pregnancy
  - Sickle cell disease
  - Smoking
  - Type II diabetes mellitus

See additional conditions from the CDC.