

# How long should I quarantine?



A **14 day quarantine** remains the safest option, but there are other quarantine options available. Anyone who has been in close contact with someone with COVID-19 should **monitor for symptoms for 14 days**.

Follow all **public health recommendations** such as mask wearing, hand washing, physical distancing, and avoiding gatherings for the full 14 days after **close contact**.

## 14-Day Quarantine

A 14-day quarantine is recommended if you are a close contact of someone who has COVID-19. **A 14-day quarantine is the most effective strategy to reduce the spread of COVID-19 and may be required in some circumstances or settings.**

LAST CLOSE CONTACT	1	2	3	4	5	6	7
	quarantine						
	8	9	10	11	12	13	14

## 10-Day Quarantine

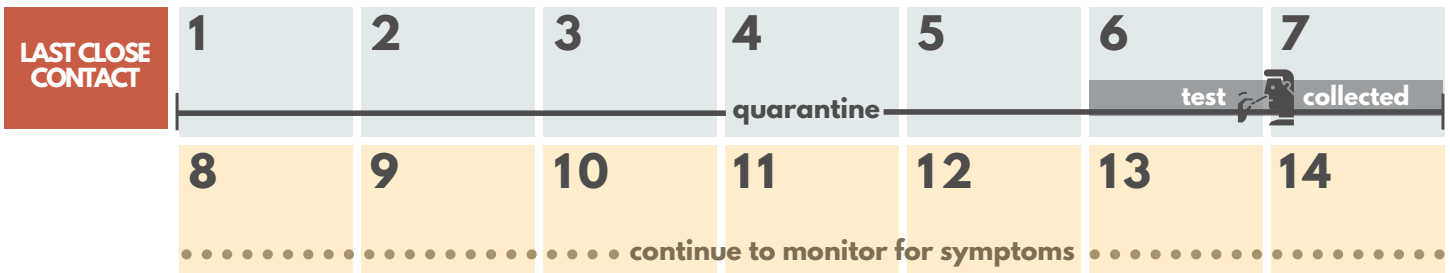
Quarantine may end after 10 days if you have not developed any symptoms. Continue to monitor for symptoms of COVID-19 until the 14th day after your last close contact. **This quarantine length may not be acceptable in some circumstances or settings. Check with your local health department, employer, or institution for applicable quarantine requirements.**

LAST CLOSE CONTACT	1	2	3	4	5	6	7
	quarantine						
	8	9	10	11	12	13	14
				..... continue to monitor for symptoms .....			



## 7-Day Quarantine with a negative test

Quarantine may end after 7 days if you have not developed any symptoms and **have a negative test result (PCR or antigen) collected on day 6 or 7** (within 48 hours of the end of quarantine). Continue to monitor for symptoms of COVID-19 until the 14th day after your last close contact. **This quarantine length may not be acceptable in some circumstances or settings.** Check with your local health department, employer, or institution for applicable quarantine requirements.



## Quarantine After Vaccination

If you have been fully vaccinated against COVID-19 and were in close contact with someone with COVID-19, you do not have to quarantine if you meet ALL of the following criteria:

- Your exposure to someone with COVID-19 happened at least two weeks after receiving the last dose of your vaccine series; and
- You have not had any symptoms of COVID-19 since your last close contact.

**Continue to monitor for symptoms for 14 days** after your last close contact. If you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

