

# 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

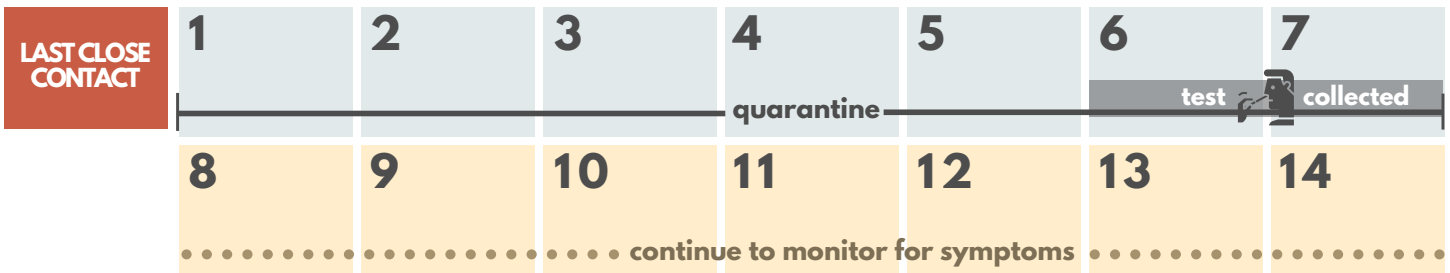
Quarantine may end after 10 days if you have not developed any symptoms. Continue to monitor for symptoms of COVID-19 until the 14th day after your last close contact. **This quarantine length may not be acceptable in some circumstances or settings. Check with your local health department, employer, 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, meaning it has been at least two weeks since you received your last dose in the vaccine series, and you were in close contact with someone with COVID-19, you do not have to quarantine. However, you should:

- Get tested 5-7 days after exposure and continue to monitor for symptoms for 14 days after your last close contact.
- Wear a mask in public indoor spaces for 14 days after exposure or until you receive a negative COVID-19 test result.

If, at any time, you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

