When to Stay Home

Calculating Quarantine
The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#anchor_1641318078836)

**IF YOU**
Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations

**Quarantine for at least 5 days**

**Stay home**
Stay home and quarantine for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

**Get tested**
Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

**After quarantine**

**Watch for symptoms**
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms**
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around.
others.

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU
Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations

No quarantine
You do not need to stay home unless you develop symptoms.

Get tested
Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10
Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU
were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine
You do not need to stay home unless you develop symptoms.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk
Calculating Isolation
Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

**IF YOU**
**Tested positive for COVID-19 or have symptoms, regardless of vaccination status**

**Stay home for at least 5 days**
Stay home for 5 days and **isolate** from others in your home.

Wear a well-fitted mask if you must be around others in your home.

**Ending isolation if you had symptoms**
**End isolation after 5 full days** if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

**Ending isolation if you did NOT have symptoms**
**End isolation after at least 5 full days** after your positive test.

**If you were severely ill with COVID-19**
You should isolate for at least 10 days. **Consult your doctor before ending isolation.**

**Take precautions until day 10**

**Wear a mask**
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
Avoid travel

Avoid being around people who are at high risk

DEFINITIONS

Exposure
Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact
Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.