



# 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.

<p><b>IF YOU... were exposed to COVID-19 and are <u>NOT up-to-date on COVID-19 vaccinations</u></b></p>	<p><b>Quarantine for at least 5 days.</b></p> <p><b>Stay home.</b> Stay home and quarantine for at least 5 full days.</p> <p><b>Wear a well-fitted mask</b> if you must be around others in your home.</p> <p><b>Get tested.</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>After quarantine:</b></p> <p><b>Watch for symptoms.</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms,</b> isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10.</b></p> <p><b>Wear a mask.</b> 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.</p> <p><b>Avoid travel.</b></p> <p><b>Avoid being around people who are at high risk.</b></p>
<p><b>IF YOU... were exposed to COVID-19 and are <u>up-to-date with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</u></b></p>	<p><b>No quarantine.</b></p> <p>You do not need to stay home unless you develop symptoms.</p> <p><b>Get tested.</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>Watch for symptoms.</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms,</b> isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10.</b></p> <p><b>Wear a mask.</b> 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.</p> <p><b>Avoid travel.</b></p> <p><b>Avoid being around people who are at high risk.</b></p>

# 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.

<p><b>IF YOU... tested positive for COVID-19 or have symptoms, regardless of vaccination status</b></p>	<p><b>Stay home for at least 5 days.</b> Stay home for 5 days and isolate from others in your home.</p> <p><b>Wear a well-fitted mask</b> if you must be around others in your home.</p>	<p><b>Ending isolation if you had symptoms.</b> 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.</p> <p><b>Ending isolation if you did NOT have symptoms.</b> End isolation after at least 5 full days after your positive test.</p> <p><b>If you were severely ill with COVID-19.</b> You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p><b>Take precautions until day 10.</b></p> <p><b>Wear a mask.</b> 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.</p> <p><b>Avoid travel.</b></p> <p><b>Avoid being around people who are at high risk.</b></p>
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# 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.

*\*Information provided here is taken from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>*