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**Note: This flyer is outdated and for historical purposes only. Please reference the current [Instructions for Isolation and Quarantine.](#)**

# Quarantine Instructions

## for Individuals Exposed to COVID-19

What you need to know if you've had close contact with someone with COVID-19

### Why should I quarantine?

If you have been in [close contact](#) with someone with COVID-19, you should stay home ([quarantine](#)) and take extra precautions because you may be infected and could spread the disease, even if you never feel sick. ANYONE who experiences [COVID-19 symptoms](#) should immediately quarantine and get tested, even if they are vaccinated or have had a previous COVID-19 infection.

### How do I quarantine?

Stay home except to get medical care. Do not have any visitors. It is strongly recommended that you wear a [well-fitting mask](#) when around others, especially anyone unvaccinated, with a weak immune system, or at [higher risk](#) for serious COVID-19 illness. Learn [more about how to protect yourself and others](#).

### How long should I quarantine?

If you do not get tested, you should quarantine for 10 full days. You may end quarantine after 5 days IF you test negative on Day 5\* (or later) after your last contact (exposure) with an infected person AND you've had no symptoms. It is strongly recommended that you wear a well-fitting mask around others – especially indoors – for 10 days after your last contact, even if you end quarantine earlier. See: [Get the Most Out of Masking](#). Continue to [monitor yourself for COVID-19 symptoms during the full 10 days](#).

\*Day 1 is the day *after* your last exposure. Count from Day 1 and test on Day 5 (or later) to see if you can end quarantine *after* Day 5. Read the [Isolation and Quarantine Q&A](#) to learn more about calculating dates.

### What if I have been vaccinated or had COVID-19 before?

If you have had COVID-19 within the last three months OR if you were [up to date](#) on your vaccinations, including boosters if [eligible](#), at the time of your exposure, you do not need to quarantine as long as you have had no symptoms since being exposed.\* It is strongly recommended that you wear a mask when around others (even at home), and you should monitor yourself for symptoms for 10 days from your last contact with someone with COVID-19. If you have been vaccinated, you should still get tested on Day 5 (or soon after) following your last contact. If you previously tested positive for COVID-19 in the last three months, you do not need to get tested.

\***Exceptions:** Your [employer](#), place of residence, or [local health department](#) may have different requirements.

### Should I get tested for COVID-19 during quarantine?

Yes, you should consider getting tested as soon as possible when told you may have been exposed to COVID-19, *even if you have no symptoms*. Everyone who has been exposed should test on Day 5 (or soon after) following your last contact with someone with COVID-19, unless you tested positive within the past 90 days. [Get information about testing](#) online or call (833) 422-4255 or 211.

### What should I do if I start to have symptoms?

If you develop COVID-19 symptoms, get tested right away and [isolate](#) while awaiting results, even if you are vaccinated or had COVID-19 before (an antigen test is recommended if you have tested positive within the past 90 days). Contact your healthcare provider with questions about your symptoms, care, and treatment options, and alert them if you are at [higher risk for serious illness](#).

If you test positive, see [What to do if you Test Positive](#). For more information on quarantine, see [What to do if you are Exposed](#) or read our [full guidance](#).



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