Self-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 self-quarantine?**
If you have been in close contact with someone with COVID-19, you should stay home (self-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 self-quarantine and get tested, even if they are vaccinated or have had a previous COVID-19 infection.

**How do I self-quarantine?**
Stay home except to get medical care. Do not have any visitors. 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 self-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. Monitor yourself for symptoms and wear a well-fitting mask around others – especially indoors – for 10 days after your last contact, even if you end quarantine after 5 days. See: Get the Most Out of Masking.
*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.

**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.* Monitor yourself for symptoms and take precautions for 10 days from last contact with someone with COVID-19. This includes wearing a mask when indoors with others (even at home). 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 self-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 (exposure) with someone with COVID-19. Get information about testing or call (833) 422-4255 or 211.

**What should I do if I start to have symptoms?**
Anyone who develops COVID-19 symptoms should get tested right away and self-isolate while awaiting results. 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.
Read our full guidance.