COVID-19 Quarantine Guidance For General Population

What is a close contact?

Someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

Who does not need to quarantine?

If you come into close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine:

- You are ages 18 and older and have received all recommended COVID-19 vaccine doses, including boosters and additional primary shots for some immunocompromised people
- You are ages 5-17 and completed the primary series of COVID-19 vaccines.

***Wear a well-fitted mask around others for 10 days from the date of your last close contact with someone with COVID-19 (date of close contact is day 0). If you test positive or develop COVID-19 symptoms, isolate from other people.

Who should quarantine?

If you come into close contact with someone with COVID-19 and you are in one of the following groups.

- You are ages 18 and older and you completed the primary series of the COVID-19 vaccine, but have not received the recommended booster shot when eligible.
- You have received the single-dose Johnson & Johnson vaccine over 2 months ago and have not received the recommended booster shot when eligible.
- You are not vaccinated or have not completed a primary vaccine series.

What to do for quarantine?

- Stay home away from other people for at least 5 days after your last contact with a person who has COVID-19. The date of last exposure is day 0.
- For 10 days after you last contact to the positive, watch for COVID-19 symptoms.
- If you develop symptoms, isolate and get tested immediately. Isolate until you receive your results. If you test positive, follow isolation (for someone who is COVID-19 positive) recommendations
- If you do not develop symptoms, get tested at least 5 days after your last contact with the positive person
    - Test negative at or after day 5 and you can leave your home. Wear a well-fitting mask when around others at home and in public until 10 days after your last contact
    - Test positive, you should follow the isolation (for someone who is COVID-19 positive) recommendations.
    - If you are unable to get tested 5 or more days from your last contact, you may leave your home on day 6 if you are not having symptoms of COVID-19 and wear a well-fitting mask at home or in public for 10 days from last contact.
    - Avoid high-risk settings/populations for at least 10 days from last contact.
- If you live with the COVID-19 positive person, you should try to fully separate from them (stay 6 feet away, don't sleep in the same area, avoid using same bathroom, do not share household items) for the duration of their isolation (for someone who is COVID-19 positive). Day 0 is the day of last contact/or full separation from the COVID positive person.
- If you are unable to wear a mask, you should quarantine for the full 10 days from last contact.
- Do not travel during your 5-day quarantine. Get tested at least 5 days since last contact and make sure your results are negative and you are symptom free before traveling. While traveling, wear a well-fitting mask when you are around others for the full 10 days since last contact.
- Do not go to places you are unable to wear a mask, restaurants and some gyms, and avoid eating around others at home and at work until after the full 10 days since last contact

DAY 0 Day of last contact with the positive person

Day 1

Stay home and quarantine

Get tested at or after day 5 (sooner if symptoms start)

Wear a mask

Day 10