

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](#).



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