

When to Start and End Quarantine *Guide*

The following examples explain different scenarios and when a person's quarantine period would begin and end after close contact with someone who has tested positive for COVID-19.

Close contact includes the following:

- you were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- you provided care at home to someone who is sick with COVID-19
- you had direct contact with the person (hugged or kissed them)
- you shared eating or drinking utensils
- they sneezed, coughed, or somehow got respiratory droplets on you.

Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

Example: I am a teacher and had close contact with a friend who has tested positive for COVID-19 and will not have further contact or interaction with them while they are sick.

Example: I am a teacher and had close contact with a student who has tested positive for COVID-19 and will not have further contact or interaction with that student while they are sick.

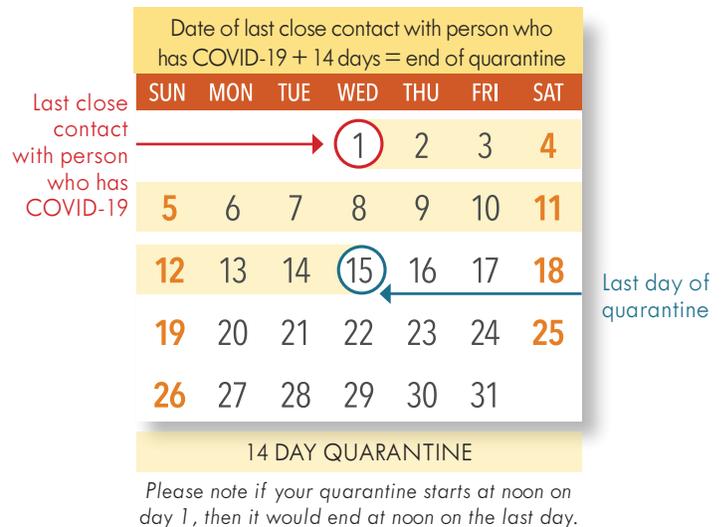
The 14-day quarantine period begins at the last close contact with the person who has tested positive.



Scenario 2: Close contact with someone who has COVID-19 — live with the person but can avoid further close contact

Example: I live with someone who has COVID-19 (family member, spouse, etc.) and that person can be isolated by staying in a separate bedroom. I have had and will not have further close contact with the person since they isolated.

The 14-day quarantine period begins at the last close contact with the person who tested positive.



Scenario 3: Under quarantine and had additional close contact with someone who has COVID-19

Example: I am a teacher that has a household contact who has COVID-19 and have already started my quarantine from my last contact but had to care for that household member several days later.

The 14-day quarantine period will begin again at the last contact with the positive person. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.



Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

Example: I am a teacher and my child tests positive for COVID-19 and I need to provide direct care to the person who is sick.

Example: I am a teacher and someone in my home tests positive for COVID-19 and we do not have a separate bedroom to isolate in while sick or live in close quarters where I am unable to keep a physical distance of 6 feet.

The 14-day quarantine begins after the person who is positive meet the criteria to end home isolation (at least 10 days from symptom start, 24 hours fever free and symptoms improving).



Reference: CDC When to Quarantine

