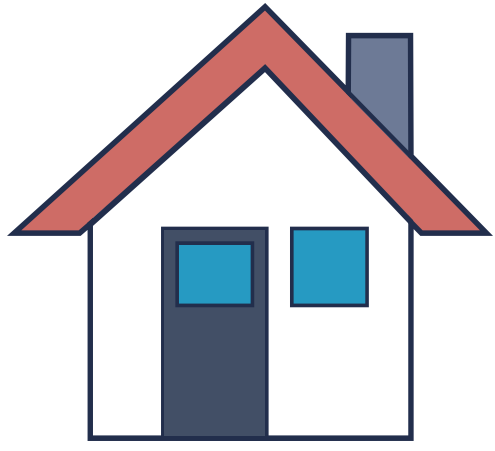


# COVID-19 Quarantine Recommendations & Options\*

December 11, 2020



**Quarantine** = keeping someone who may have been exposed to COVID-19 away from others. You should quarantine and stay home if you were in close contact with a person with COVID-19 **OR** if you participated in a high risk activity such as attending large gatherings with people who do not live with you.

If you are quarantining, the safest option is to stay home for 14 days. If you cannot stay home for 14 days due to economic or other hardship, **AND** you have no symptoms, there are two options.

14 days

**SAFEST**

1

2

**1. NO TEST OPTION:** Stay home for 10 days. If you stay symptom-free for 10 days, quarantine ends. Monitor symptoms, wear a mask, and social distance through day 14.

10 days

6 feet

14 days

**2. TEST OPTION:** Stay home for 7 days. Get tested at Day 5, 6 or 7. Stay home while awaiting results. If test is negative **AND** you stay symptom-free, quarantine ends. Monitor symptoms, wear a mask, and social distance through day 14.

7 days

Day 5, 6 or 7

6 feet

14 days

Quarantine cannot end earlier than Day 7

Everyone in quarantine should wear a mask, social distance from others, wash hands often, and cooperate with contact tracers if you receive a call.

6 feet

**\*shortened quarantine is not recommended for high-risk residential settings such as long term care, corrections, and group homes/shelters.**