Quarantine for COVID-19

14 day quarantine is the SAFEST and BEST way to prevent the spread of COVID-19

Day 0 Exposure
1 2 3 4 5 6 7
8 9 10 11 12 13 14

STAY HOME AND AWAY FROM OTHERS FOR 14 DAYS!

Day 15: return to normal activities!

If you develop symptoms at any time during the 14 Days:

Stay at home and separate from others. You will need to be in isolation until you can answer YES to all THREE:
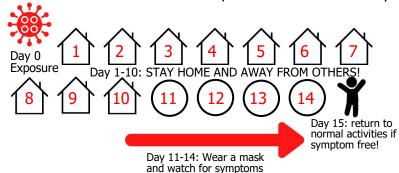
1) 10 Days have passed after symptoms first appeared AND

2) At least 24 hours fever-free without fever-reducing medication AND

3) Other symptoms of COVID-19 are improved

Call your healthcare provider and get TESTED!

If you remain symptom-free, here are two options for people WITHOUT symptoms:

Option 1: 10 Day Isolation at Home

If you are symptom-free for 10 Days, you may resume activities on day 11. It is best to limit activities and exposure to others until Day 14.

Day 0 Exposure
1 2 3 4 5 6 7
8 9 10 11 12 13 14

Day 1-10: STAY HOME AND AWAY FROM OTHERS!

Day 11-14: Wear a mask and watch for symptoms

Day 15: return to normal activities if symptom free!

Option 2: 7 Day Isolation at Home

If you are symptom-free for 7 Days AND have a COVID-19 test on Day 5 (or after) and test is negative, you may resume activities on Day 8. It is best to limit activities and exposure to others until Day 14.

Do not test before Day 5!!

1 2 3 4 5 6 7
Day 1-7: STAY HOME AND AWAY FROM OTHERS!
8 9 10 11 12 13 14

Day 8-14: Wear a mask and watch for symptoms

Day 15: return to normal activities!