# CDC COVID-19 Quarantine & Isolation Guidance
## Updated February, 2021

Quarantine begins on the last day of contact with the infected individual. If you are living in the same household and are unable to separate, quarantine will begin after the infected individual has met the recovery criteria.

**Day 0**

I'm a close contact to a positive COVID-19 case. Today has been 0 days since my exposure.

**Day 5**

I have no COVID-19 symptoms and I want to get tested. I may get a COVID-19 test 5 days or more after exposure. If my test is negative, I may return to normal activities 7 days after exposure.

**Day 7**

I have no COVID-19 symptoms. I have been in quarantine for 7 days. I have had a negative COVID-19 test in the last 48 hours. I may resume normal activities tomorrow. I will continue to monitor for symptoms through Day 14.

**Day 10**

I have no COVID-19 symptoms and I did not get tested. I may resume normal activities tomorrow. I will continue to monitor for symptoms through Day 14.

**Day 14**

**While I understand these alternatives to shorten quarantine are acceptable, I also understand that CDC currently recommends a 14 day quarantine after a close contact exposure to a COVID-19 positive individual. If I choose an option from above, I will continue to self-monitor for symptoms and follow strict adherence of facial coverings during this time.**

If I develop COVID-19 symptoms and/or I have tested positive for COVID-19, I must isolate for 10 days from the start of my symptoms AND until I have been fever free for a full 24 hours, without the use of fever reducing medications AND I feel better.

I am not required to quarantine if I am fully vaccinated *(2 or more weeks following receipt of the second dose in a 2-dose series or one dose of a single-dose vaccine)*, **AND** it has been less than 3 months since I received my last dose in the series, **AND** I have remained symptom free. *However, vaccinated inpatients and residents in healthcare settings still need to quarantine, regardless of meeting criteria, due to unknown vaccine effectiveness in this population.*