The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

If you were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home

Stay home and quarantine for at least 5 full days.

Wear a well-fitting mask if you must be around others in your home.

Do not travel.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

Avoid travel

It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions until day 10

Wear a well-fitting mask

Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

If you must travel during days 6-10, take precautions.

Avoid being around people who are more likely to get very sick from COVID-19.

If you were exposed to COVID-19 and are <u>up to date</u> on COVID-19 vaccinations

No quarantine
You do not need to stay home **unless** you develop symptoms.
Get tested
Even if you don't develop symptoms, <u>get tested</u> at least 5 days after you last had <u>close contact</u> with someone with COVID-19.
Watch for symptoms
Watch for <u>symptoms</u> until 10 days after you last had close contact with someone with COVID-19.
If you develop symptoms
<u>Isolate</u> immediately and <u>get tested</u>. Continue to stay home until you know the results. Wear a <u>well-fitting mask</u> around others.
Take precautions until day 10
Wear a well-fitting mask
Wear a <u>well-fitting mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
<u>Take precautions if traveling</u>
Avoid being around people who are <u>more likely to get very sick</u> from COVID-19.

If you were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine
You do not need to stay home **unless** you develop symptoms.
Watch for symptoms
Watch for <u>symptoms</u> until 10 days after you last had <u>close contact</u> with someone with COVID-19.
If you develop symptoms
<u>Isolate</u> immediately and <u>get tested</u>. Continue to stay home until you know the results. Wear a well-fitting mask around others.
Take precautions until day 10
Wear a well-fitting mask
Wear a <u>well-fitting mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
<u>Take precautions if traveling</u>
Avoid being around people who are <u>more likely to get very sick</u> from COVID-19.

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected**. If you have COVID-19 or have symptoms, isolate for at least 5 days.

If you tested positive for COVID-19 or have symptoms, regardless of vaccination status

Stay home for at least 5 days
Stay home for 5 days and isolate from others in your home.
Wear a well-fitting mask if you must be around others in your home.
Do not travel.
Ending isolation if you had symptoms
End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
Ending isolation if you did NOT have symptoms
End isolation after at least 5 full days after your positive test.
If you got very sick from COVID-19 or have a weakened immune system
You should isolate for at least 10 days. Consult your doctor before ending isolation.
Take precautions until day 10
Wear a well-fitting mask
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
Do not travel
Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.
Avoid being around people who are more likely to get very sick from COVID-19.