



Why should I self-quarantine?

If you have been in [close contact](#) with someone with COVID-19, you should stay home ([self-quarantine](#)) and take

especially anyone unvaccinated, with a weak immune system, or at [higher risk](#) for serious COVID-19 illness. Learn more about [how to protect yourself and others](#).

How long should I self-quarantine?

If you do not get tested, you should quarantine for 10 full days. You may end quarantine after 5 days IF you test negative on Day 5* (or later) after your last contact (exposure) with an infected person AND you've had no symptoms. Monitor before

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If you have had COVID-19 within the last three months OR if you were [up to date](#) on your vaccinations, including boosters if [eligible](#), at the time of your exposure, you do not need to quarantine as long as you have had no symptoms since being exposed.* Monitor yourself for [symptoms](#) and take precautions for 10 days from last contact with someone with COVID-19. This includes wearing a mask when indoors with others (even at home). If you have been vaccinated, you should still get tested on Day 5 (or soon after)

Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you