

# Guidance for Quarantining if You Are Unable to Avoid an Isolating COVID-Positive Person in Your Household

## Your quarantine time will be longer than 14 days if:

- You live in a household where you cannot avoid close contact with a person who has COVID-19
- You provide direct care to a person who is sick
- You don't have a separate bedroom to isolate the person who is sick
- You live in close quarters where you are unable to keep a physical distance of 6 feet from the person who is sick



## Guidelines for self-quarantine if any of the above are true:

1. Avoid contact with others outside the home while the person in your household is sick
2. Quarantine yourself for 14 days after the sick person meets the criteria to end home isolation
3. Criteria to end home isolation is a minimum of 10 days **since symptom onset**, and **at least** 24 hours with no fever **AND** improved symptoms

