Tips

Guidance for Quarantining if you are Unvaccinated and Live with or Care for Someone with COVID-19

If you live with or care for someone who has COVID-19 and you cannot avoid interacting with them, you should avoid contact with people outside your home.

You will need to quarantine if you are not fully vaccinated* AND:

- You live in a household where you cannot avoid close contact with a person who has COVID-19, or

- You provide direct care to a person who has COVID-19.

You must quarantine for at least 7 days <u>after</u> the COVID-19 positive person <u>completes</u> their 10 days of isolation. The last day of exposure is considered Day 0.

- You must stay home for 7 days if you have a negative COVID-19 test taken on Day 5 or later. If your result is positive, or you develop any symptoms of COVID-19, you must immediately isolate** and contact your healthcare provider or the public health department for isolation guidance.

- You must stay home for 10 days following exposure if you are not getting a COVID test. It is recommended that all close contacts get tested for COVID-19.

- You should stay home for 14 days following exposure if you are regularly in close contact with persons at high risk for severe COVID-19 disease.

For Example

Alex is taking care of Robin, who tested positive on January 1st (Day 0). Alex must quarantine while Robin is in isolation. Robin will be released from isolation on January 12th.	Alex must begin a new quarantine cycle on January 12th. Alex can end quarantine on January 19th (7-day quarantine), January 22nd (10-day quarantine) or January 26th (14-day quarantine).

*People are considered fully vaccinated:
- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as the J&J vaccine

**People with COVID-19 can end home isolation after 10 days have passed since symptoms first appeared or since testing positive, at least 24 hours with no fever, AND improved symptoms.