

Guidance for Quarantining if You Live with or Care for Someone with COVID-19



Tips

If you live with or care for someone who has COVID-19 and you cannot avoid interacting with them, please see below for guidance.

You will need to quarantine if you are not ***up-to-date*** with your COVID-19 vaccines and recommended booster doses*, 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.



Your quarantine begins **after** the COVID-19 positive person **completes** their 5 days (or more**) of isolation:

- You must quarantine for AT LEAST 5 days. You are strongly encouraged to take a COVID-19 test on Day 5 or after (prior to leaving quarantine) and to wear a mask around others for an additional 5 days. 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 are asked to stay home for 10 days following an exposure if you are not getting a COVID-19 test. It is recommended that all close contacts get tested for COVID-19.
- You should stay home for 14 days following an 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 needs to quarantine while Robin is in isolation. On January 7th, Robin is eligible to end isolation since she has not developed any symptoms, and her antigen test result is negative.

Alex's last day of exposure was Robin's last day of isolation, January 6th (Day 0). Alex can end quarantine on January 12th (5-day quarantine), January 17th (10-day quarantine) or January 22nd (14-day quarantine).

*People who have recently completed their initial vaccine series (fully vaccinated) are considered *up-to-date* until they become eligible for a booster dose. Once a person becomes eligible for a recommended booster dose, they must receive the booster to continue to be considered *up-to-date*.

- Current Vaccine Recommendations & Eligibility: <https://bit.ly/Vx-Eligible>
- Vaccine FAQs: <https://bit.ly/Vx-FAQ>
- Return to Work Guidance (vaccinated and booster-eligible, but not yet boosted): <https://bit.ly/AC-C19>

**People with COVID-19 can end home isolation after 5 days have passed since symptoms first appeared or since testing positive, if they have been at least 24 hours with no fever, AND all other symptoms are resolving. They should wear a well-fitting mask for an additional 5 days when around others.



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