



When and How Long to Quarantine

Scenario 1: You are the close contact of someone who has COVID-19—you will not have further close contact	Scenario 1: Quarantine Timeline = Date of last close contact with person who has COVID-19 + 14 days
<ul style="list-style-type: none"> Example 1: I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend). In example 1, your last day of quarantine is 14 days from the date you had close contact. <p>Note: The calendars on this page show how to complete a 14-day quarantine. See information on the next page about when to end a 10 or 7-day quarantine.</p>	<p>Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.</p>
<ul style="list-style-type: none"> Example 2: I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated. In example 2, your last day of quarantine is 14 days from when the person with COVID-19 began home isolation. 	<p>Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.</p>
<ul style="list-style-type: none"> Example 3: I live with someone who has COVID-19 and started my 14-day quarantine period. While I am quarantining, what if I have another close contact with the person who is sick or another household member gets sick with COVID-19? Do I need to restart my quarantine? In example 3, yes, you will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine. 	<p>Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.</p>
<ul style="list-style-type: none"> Example 4: I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet. In this example, you should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation. 	<p>Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.</p>



How is Close Contact Defined?

The [CDC defines a close contact](#) as:

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

* Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 **must quarantine**. The CDC notes that a **14-day quarantine is the most protective**. For some, a 14-day quarantine can cause financial hardship and personal burdens that may affect physical and mental health. The CDC and Austin Public Health (APH) provide options for a shorter quarantine **in some cases**. See the [APH "How Long to Quarantine" flowchart](#) about these options.

- **Day 1 of quarantine always begins the day after your last close contact with the person who has COVID-19.** (So, if the day of your last exposure to the COVID-positive person was Monday, the first day of your quarantine is Tuesday.)
- **14-day quarantine-** End your quarantine on day 15
- **10-day quarantine-** End your quarantine on day 11
- **7-day quarantine-** End your quarantine on day 8
- **If you develop COVID-19 symptoms during quarantine,** contact your healthcare provider and follow the “I think or know I had COVID-19, and I had symptoms” guidance below

However, a close contact who meets the following criteria does NOT need to stay home:

- Has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

When You Can be Around Others After You Had or Likely Had COVID-19

I think or know I had COVID-19, and I had symptoms:

You can be around others after:

10 days since symptoms first appeared **and**

24 hours with no fever without the use of fever-reducing medications **and**

Other symptoms of COVID-19 are improving*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Note that these recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for “**I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?**”

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

I tested positive for COVID-19 but had no symptoms:

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others. However, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results. If you develop symptoms after testing positive, follow the guidance above for “**I think or know I had COVID-19, and I had symptoms.**”

Links to CDC References:

[When to Quarantine](#); [When You Can be Around Others After You Had or Likely Had COVID-19](#); [Close Contact](#)