



## Timeframe for Self-Isolation/Quarantine based on Testing Result

The purpose of **quarantine** is to keep people who might have been exposed (but not sick) to COVID-19 away from others. **Isolation** is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation are voluntary practices to reduce the spread of COVID-19.

It is expected that any person getting a COVID-19 diagnostic test (nasal swab or saliva) will self-quarantine after specimen collection AND are advised of the results of their test, unless otherwise directed by those administering the test. These recommendations are not for individuals who got serologic test (antibody). Depending on the test result, see below for the length of time that the individual should self-isolate/self-quarantine.

	<b>Symptomatic Tested +</b>	<b>Symptomatic Tested –</b>	<b>Asymptomatic Tested +</b>	<b>Asymptomatic Tested –</b>	<b>Asymptomatic Tested –</b>	<b>Asymptomatic Not/Never tested</b>
				No COVID-19 household* or close contacts*	But is a household contact* or close contact*	But is a household* or close contact*
Timeframe for Self-Quarantine or Self-isolation	72 hours (3 full days) fever-free without use of fever-reducing medications AND improvement in respiratory symptoms AND 10 days since symptoms first began (whichever is longer)	At least 72 hours (3 full days) after symptoms go away	10 days after specimen collection, assuming no symptoms develop <sup>^</sup>	No self-quarantine days required	14 days from last known exposure with the COVID-19 + person  <b>NOTE:</b> Self-quarantine for individuals with household contacts who are COVID-19 positive begins <b>AFTER</b> the end of self-isolation of the household contact ends	

\* **Household contacts** are individuals who live in the same house as a lab confirmed COVID-19 case. **Close contacts** are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.

<sup>^</sup>Asymptomatic positive individuals who develop symptoms during their self-quarantine timeframe, should self-isolate and refer to the Symptomatic, Tested + column.

**NOTE:** Recommendation for self-isolation/quarantine is to stay/sleep in a separate room from others living in the home and use separate bathroom (if possible). This includes not being in close contact with household members (i.e., not sharing meals and spending time together in common areas) or going to work or out in public other than for health care. Wash hands often and clean and disinfect household items.