

CDC QUARANTINE GUIDANCE

for CLOSE CONTACTS of someone with COVID-19

Notify your employer or school
about your exposure to someone with COVID-19

If you ...

-are FULLY VACCINATED AND BOOSTED

or

-completed your primary series of Moderna or Pfizer within the last 6 months

or

-completed your primary series of J&J within the last 2 months

- Wear a mask around others for 10 days
- Test on day 5 if possible

If you develop symptoms, get tested and stay home

If you ...

-are UNVACCINATED

or

-completed your primary series of Moderna or Pfizer over 6 months ago and are NOT BOOSTED

or

-completed your primary series of J&J over 2 months ago and are NOT BOOSTED

- Stay home (quarantine) for 5 days
- Wear a mask around others for an additional 5 days
- Test on day 5 if possible

If you develop symptoms, get tested and stay home



Per DPH guidance, if you are UNVACCINATED you also need to quarantine from sports

- for 14 days with no test
- or
- 10 days with a negative test on day 8 or later *

**Check with your sports club to see if they allow shortened quarantine with a test*