Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period (excluding K-12 settings).

Here's What To Do:



Protect Others

Take these steps to keep others safe.



Quarantine if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least 5 days. If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.



Avoid travel through day 10.



Wear a mask around other people for 10 days.



Watch for symptoms of COVID-19 for 10 days.

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.



Get Tested

Get a COVID-19 test on or after **day 5** or if you have **symptoms**.

People who had COVID-19 in the past 90 days should only get tested *if they develop symptoms.*

You tested **negative**. You can leave your home.

Keep wearing a mask in public and when traveling through **day 10**.



You tested **positive** or have symptoms.

Isolate away from other people. Stay home for at least **5 days** and follow steps for isolation.

Do not travel for **10 days**.

If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through day 10.



U.S. Department of Health and Human Services Centers for Disease Control and Prevention

Please refer to <u>COVID-19 Quarantine and Isolation</u> for guidance on guarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.

If you can't wear a mask, stay home (quarantine)

people, and do not travel

and away from other

for **10 days**.