



Covid Isolation and Quarantine Calendar

Do you have COVID-19?

5-day isolation



Day 0 is day of symptom onset or first positive test.

Day 1 begins the day after symptoms begin or first positive test.

You may end in-home isolation after 5 full days if you have been fever-free for 24 hours without the use of fever reducing medication and other symptoms have improved.

Consistently and diligently mask around others at all times for an additional 5 days.

Have you been exposed to COVID-19?

5-day quarantine



Day 0 is day of last exposure.

Day 1 begins the day after last exposure.

Quarantine may end after 5th day if you are symptom-free; continue to monitor for symptoms for 10 days.

Consistently and diligently mask around others at all times for an additional 5 days.

Ongoing exposure: 5-day quarantine



If you live with someone who has COVID-19, you may have ongoing exposure.

Quarantine during the ill individual's 5-day isolation period, plus an additional 5 days, starting the day after the ill individual's 5-day isolation period ends, as this is considered the date of last exposure.

Quarantine may end after the 10th day if you have no symptoms.

Consistently and diligently mask around others at all times for an additional 5 days.

All close contacts, regardless of vaccination status, are encouraged to seek testing 5 days after their exposure.

If you have symptoms following an exposure, seek testing immediately.