

Quarantine Option: 14 Days

You should stay away from others for 14 days if:

- **Someone in your home has COVID-19.**
- You live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.



Quarantine Option: 10 Days (continued)

Even after 10 days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.



Quarantine Option: 7 Days (continued)

Even after seven days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

You cannot end your quarantine before seven days for ANY reason.

