If you have been notified that you were a close contact to someone diagnosed with COVID-19, you should quarantine (stay home, not leave the house for any reason other than to seek medical care) for 10 days.

You may consider ending quarantine after day 7 by obtaining a negative COVID-19 test on day 5 or later.

You should continue to monitor your health for symptoms until day 14, and always wear a mask.

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### What is Considered a Close Contact

A close contact is anyone who was within 6 feet or less of someone diagnosed with COVID-19 for a total of 15 minutes or more (combined total time) starting 2 days before their symptoms began.

This is their “infectious period”. If they don’t have symptoms, it is two days before the day they were tested for COVID-19.

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### CDC: When to Quarantine

*View Here*