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.

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

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) and away from other people, and do not travel for 10 days.

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

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