Do I Need Isolate or Quarantine for COVID-19?

Based on the best scientific advice currently available by the CDC and NYC DOHMH

This guidance is for people with no fever or respiratory symptoms and are not healthcare workers. Remember that your status may change over time, depending on risk exposure. Please continue to assess your interactions with others to determine the right course of action.

OPTION A: If this is you...
Quarantine for 14 days from the date of last contact with the ill person. If you develop symptoms, contact your healthcare provider for guidance.

OPTION B or C: If this is you...
No need to isolate or quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

OPTION X: If this is you...
Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms and call your healthcare provider for guidance. If the close contact tests positive, you will need to quarantine and follow the guidance in Option A.

OPTION Y or Z: If this is you...
No need to isolate or quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

OPTION 1: If this is you...
No need to quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

OPTION 2 or 3: If this is you...
No need to quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

*Close contact means being within 6 feet for ten or more minutes during the two days prior to the positive test OR the two days prior to the onset of symptoms, whichever period is longer.

NOTE: If you have a connection that is more distant than the options described above, you do NOT need to do anything more physical distancing, wearing a face covering, and all other preventive measures, which are recommended for everyone. People connected to you do not need to do anything different from everyone else, unless they themselves have risks due to some other exposure.

Adapted from Harvard University Health Services, 7/20/2020