Do I Need Isolate or Quarantine for COVID-19?

**OPTION A:** If this is you... Quarantine for 10 days from the date of last contact with the ill person. If you develop symptoms, contact your healthcare provider for guidance. Test on day 3 - 5 after exposure.

**OPTION B or C:** If this is you... No need to isolate or quarantine. Wear a face covering. Watch for symptoms. Test on day 3 - 5 after exposure. If you develop fever or other symptoms, contact your healthcare provider.

*Close contact means being within 6 feet for 10 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 than 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, 8/20/2021