

Quarantine After Being Exposed to COVID-19

If you have been identified as a close contact to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 sometime in the next 2-14 days, so you need to follow these guidelines:

1 Stay home (quarantine) for 10 days*

- You must stay at your home and avoid other people for 10 days after you were last exposed to a person with COVID-19. You may not go out in public places - not even to the grocery store or to run errands. Do not visit with other people outside of your home, and do not invite others into your house to visit.
- Keep your distance from others in your household (at least 6 feet).
- Wear a [cloth face covering](#) to protect those around you.

As long as you don't develop symptoms of COVID-19, you can stop quarantine after 10 days from the date of your last exposure to a person with COVID-19. You should continue to practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene.

2 Get tested*

- Get tested 5 – 7 days after your exposure to a person with COVID-19. This should be a test that detects active infection – preferably with a nose swab that is tested with a PCR-based test (which tests for active coronavirus infection). You can find testing locations on our [COVID-19 Testing webpage](#).
- A negative test does NOT allow you to end quarantine early (you still need to quarantine for 10 days), but a test does help to identify infection early even if you're not showing symptoms, and so it can help prevent spread and protect others around you.

3 Monitor for symptoms

- Take your temperature. You should do this twice a day for 14 days after you were exposed (even if you end your quarantine after 10 days), and take your temperature anytime you feel like you might have a fever.
- Watch closely for other potential symptoms of COVID-19 such as respiratory illness (cough, sore throat, runny nose, shortness of breath), body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea, even after you end your quarantine.
- If you develop any symptoms of COVID-19:
 1. Seek medical advice and get tested – **call ahead** before you go to a healthcare provider's office or emergency room. Tell them you are under quarantine and have symptoms.
 2. If you test positive for COVID-19, then you need to follow the [Isolation Guide](#) instructions for how long you need to stay home due to diagnosed COVID-19, which is typically ten days from the start of your symptoms or ten days from the date of your positive test, if you do not have symptoms.

4 Take care of yourself

Reach out to your healthcare provider or seek emergency care if you have any concerns about your health. Social isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in quarantine. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you are under quarantine for COVID-19 exposure.

Please review these resources to help keep your home clean and protect others:

- [Using cloth face covering to help slow the spread of COVID-19](#)
- [What to do if you are sick](#) and [Caring for yourself at home](#)
- [Cleaning and disinfection guide](#)
- [Coping with stress](#)

- * You do NOT need to stay home (quarantine) for 10 days or get tested for COVID-19 if either of the following apply:
1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the second dose of your COVID-19 vaccine.
 2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, then you still need to follow all of these guidelines).
- However, you still need to monitor yourself for symptoms of COVID-19, practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene at all times.