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**).
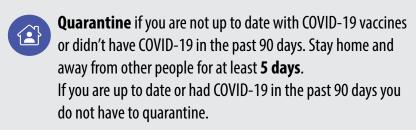
Here's What To Do:

To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.
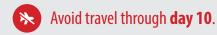
If you can't wear a mask, **stay home** (quarantine) and away from other people, and do not travel for **10 days**.

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.**

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

Get Tested

Get a COVID-19 test on or after **day 5** or if you have **symptoms**.
People who had COVID-19 in the past 90 days should only get tested if they develop 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**.