Ending Quarantine and Return to Work if You Are Exposed to a COVID-19 Case

**Household Contact:** Self-quarantine and monitor for symptoms while COVID-19 case is home sick. Once case is released from isolation, quarantine for 10 additional days, then continue to monitor for symptoms for 4 days.

- Person’s onset date.
- Person released from isolation.
- 10 days
- Household contact released from quarantine if not sick.
- Monitor for symptoms 4 more days.

**Non-Household Contact:** Self-quarantine and monitor for symptoms until 10 days after the date of last contact. Continue to monitor for symptoms for 4 more days.

- Date of last contact with COVID-19 case.
- 10 days
- Contact released from quarantine if not sick.
- Monitor for symptoms 4 more days.

**Healthcare Personnel:** Asymptomatic healthcare personnel should self-quarantine for 14 days if the healthcare facility can function without them. If the facility would close without them, they can continue to work as long as they:

- Are not sick.
- Monitor for symptoms.
- Wear a mask.
- Keep a 6-foot distance as much as possible.
- Follow quarantine guidelines outside of work.

If you are fully vaccinated, follow guidance in “Quarantine Guidance for Vaccinated Close Contacts.”