

**COVID-19**



# QUARANTINE

for people with  
**no symptoms**

**Full  
14-days  
SAFEST**

Quarantine at Home

**After  
10-days,  
no test**

Quarantine at Home

Released from quarantine, monitor for symptoms, wear a mask, social distance

**After  
7-days,  
with test**

Quarantine at Home

Released from quarantine after negative test result, monitor for symptoms, wear a mask, social distance

**Day 0**  
Date of most recent exposure

**Day 5**  
Earliest day to get a test

**Day 7**

**Day 10**

**Day 14**

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