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

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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