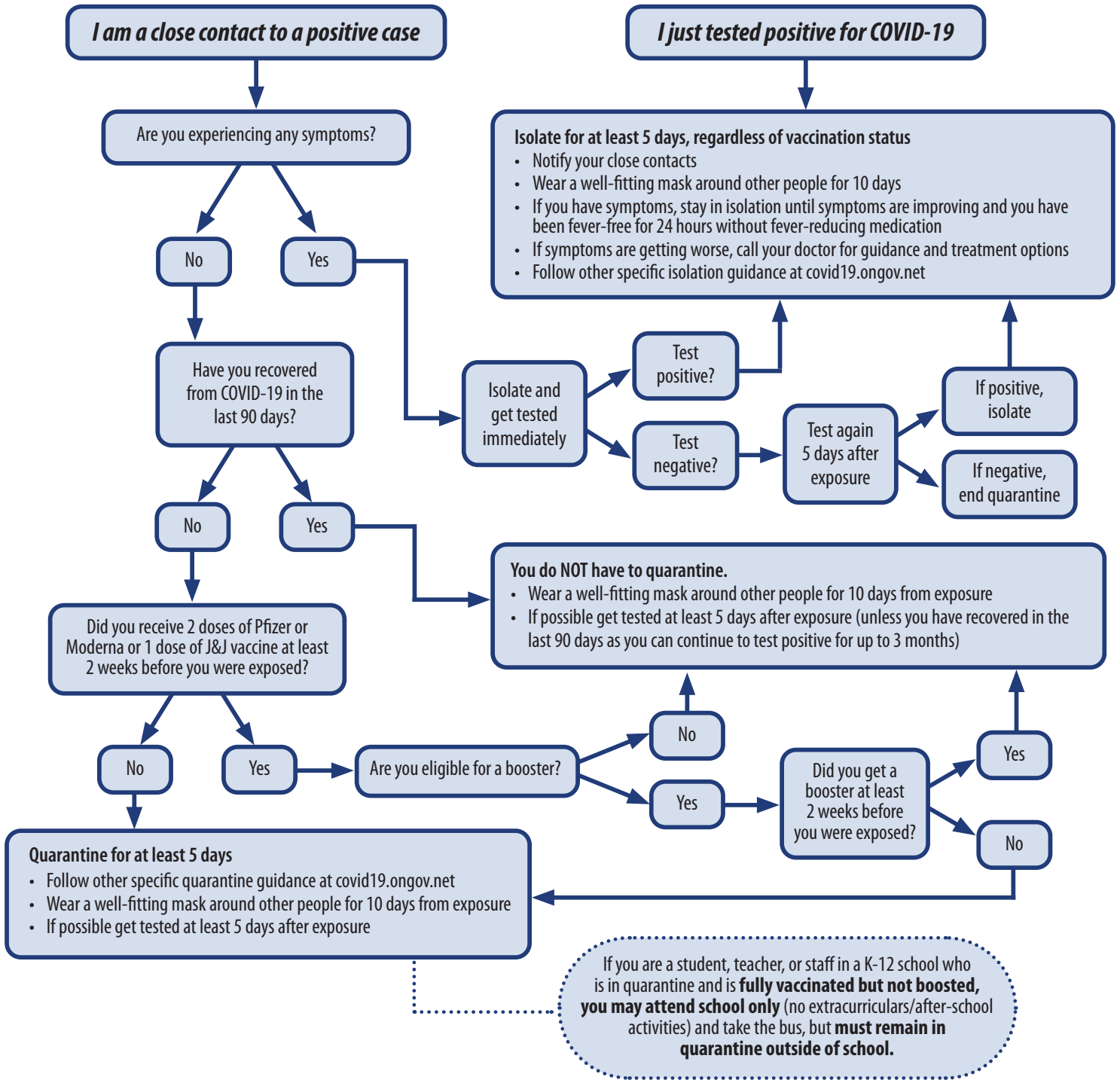


# COVID-19 Isolation and Quarantine

Updated 1-12-22



## Definitions and Notes

- For detailed guidance about isolation and quarantine and when you can be released, including self-attestation forms, visit [covid19.ongov.net](https://covid19.ongov.net).
- A close contact is someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. In K-12 schools this excludes students who were between 3 to 6 feet with proper mask-wearing.
- After a positive test or exposure, wear a well-fitting mask around other people at home and in public for 10 days (where day 0 is the day of symptom onset; positive test if asymptomatic; or last day of exposure).
- Residents of congregate settings and individuals not able to wear a mask should isolate or quarantine for 10 days.
- Following an exposure, monitor for symptoms for 10 days. If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, or if testing is not done, follow isolation recommendations.
- After positive test or exposure, avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- Please see guidance document at [covid19.ongov.net](https://covid19.ongov.net) for details regarding return to childcare and other high-risk settings.

