Self-Quarantine Instructions
for Individuals Exposed to COVID-19

What you need to know if you've had close contact with someone with COVID-19

Why self-quarantine?

If you have been in close contact with someone with COVID-19, you should stay home and apart from others (self-quarantine) because you may be infected and could spread the disease, even if you never feel sick. ANYONE who experiences COVID-19 symptoms should immediately self-isolate and get tested, even if they are vaccinated. COVID-19 symptoms can feel like a common cold (including just "the sniffles"), seasonal allergies, or flu (e.g., fever, cough, runny nose, body aches).

How long should I self-quarantine?

If you've had no symptoms, you may end quarantine **after 10 days from your last contact** with an infected person OR **after 7 days if you test negative** *(only if you were tested 5 days or longer from last contact)*.***** You should still monitor yourself for [symptoms](#) and take recommended [precautions](#) (*e.g., wear a mask, physically distance*) for 14 days from last contact.

What if I have been vaccinated or had COVID-19 before?

If **you've had COVID-19 within the last three months** OR **if you were** [fully vaccinated](#) **at the time of your contact**, you do not need to quarantine as long as you've had **no symptoms**.* You should monitor yourself to watch for [symptoms](#) and take recommended [precautions](#) (*e.g., wear a mask, physically distance*) for 14 days from your last contact with someone with COVID-19. **If you were fully vaccinated, you should get tested 3-5 days after your last contact.**

How do I self-quarantine?

Stay home except to get medical care; do not have any visitors. *If you must be in a shared space:*

- Stay at least 6 feet from other people, especially [those more likely to get sick.](#)
- Wear a mask when around others. Cover your coughs and sneezes.
- Open windows and doors to [increase ventilation](#), when possible and safe to do so.
- Use a separate bathroom if possible.
- Wash your hands often; if you can't wash, use hand sanitizer with at least 60% alcohol.
- Clean or disinfect any surfaces you touch frequently.

Should I get tested for COVID-19 during self-quarantine?

Yes, you should get tested immediately when told you may have been exposed to COVID-19, *even if you have no symptoms*. If you test negative, you should test again 5–7 days after your last contact with someone with COVID-19. Anyone who develops COVID-19 symptoms should get tested right away. COVID testing in California is free to anyone who needs it. You can book a free test appointment, find a walk-in test clinic, or buy a self-test kit from your local drugstore. [Find a testing site online](#) or call (833) 422-4255 or 211.

What should I do if I start to have symptoms?

Immediately isolate yourself from others and get tested. Contact your healthcare provider with questions about your symptoms or care and alert them if you are in a [high-risk group](#).

Scan the QR code to see the interactive links on this flyer.

*Exceptions: Your [employer](#), place of residence, or local health department may have different requirements.

Read our [full guidance](#).