Updated CDC COVID-19 Quarantine Guidelines



Both DCPH and CDC still recommend a 14 day quarantine for most situations, with date of exposure being day 0.

SUN	MON	TUE	WED	THU	FRI	SAT
	COVID-19 Exposure	1		Quaranti	ne	
	·					
			Quarantine			
	14					

However, quarantine can be shortened in the following situations:

• 10 days of quarantine when no symptoms were ever present (asymptomatic)

SUN	MON	TUE	WED	THU	FRI	SAT
	COVID-19 Exposure	1	Quara	ntine With N	o Symptoms	
	Exposure					
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Quarantine With No Symptoms				10	(
					1.73/	

• 7 days of quarantine when no symptoms were ever present and the person tests negative from a diagnostic specimen collected on day 5 - 7

SUN	MON	TUE	WED	THU	FRI	SAT
	COVID-19 Exposure	1	Quarantir	ne With No Sy	/mptoms	Negative Test
	Lxposure					Test
	7					

Daily symptom monitoring must continue through quarantine Day 14 along with correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection and avoiding crowds. If symptoms arise, immediately quarantine and seek testing.