

# When to start and end quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19.

For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) because symptoms may appear 2 to 14 days after exposure to the virus. Please note, for all of these scenarios if your quarantine starts at noon on day 1, then it would end at noon on the last day.

## Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had close contact.  
Date of last close contact + 14 days = end of quarantine



## Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

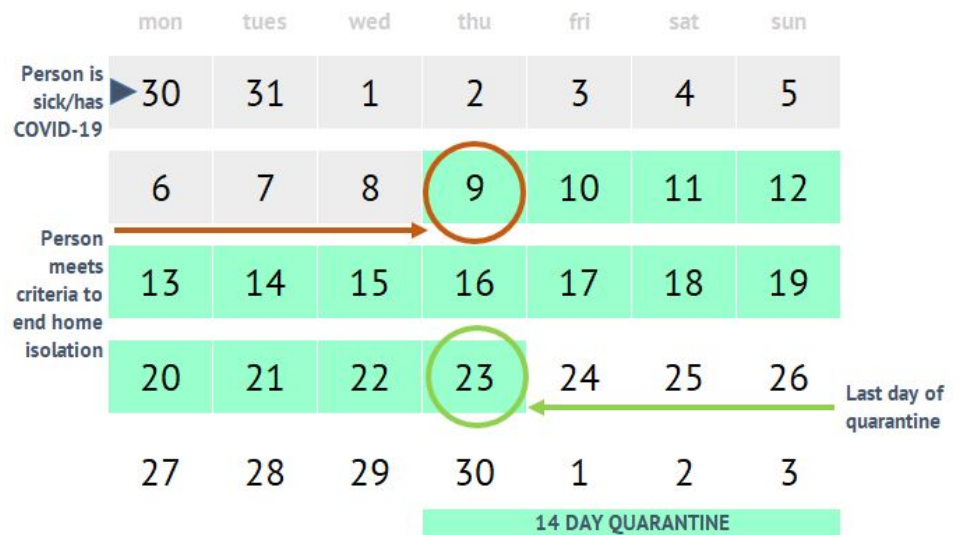
Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation

Date person with COVID-19 began home isolation + 14 days = end of quarantine



## Scenario 3: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet. You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation. Learn more about isolation timing at



<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-isolation-COVID19-11520.pdf>

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

CDC has published two options for reducing the quarantine period. These options are:

- Ending quarantine **after** 10 days if you have monitored yourself daily and have not had **any** symptoms. In this instance, individuals meeting these criteria could resume their usual activities beginning on day 11 after exposure.
- Ending quarantine **after** 7 days if you have monitored yourself daily and have not had **any** symptoms **AND** you had a negative PCR test collected on day 5 or later. **In no circumstances can quarantine be discontinued before 7 full days of quarantine have passed since exposure.** In this instance, individuals meeting these criteria could resume their usual activities beginning on day 8 after exposure.

If you choose to use one of the options above to shorten the quarantine period, you should continue to monitor for symptoms daily for the full 14 days. WDH recommends that you continue to take measures to protect yourself and others such as avoiding crowds, social distancing, correct and consistent mask use, and hand and cough hygiene for the full 14 days.

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Your quarantine dates:

Date of last contact with  
positive COVID-19 case: \_\_\_\_\_

Date of quarantine start: \_\_\_\_\_

Date of quarantine end: \_\_\_\_\_