



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/covid19

COVID-19 Isolation and Quarantine Recommendations

If you were exposed: You [quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19.

If you are sick or test positive: You [isolate](#) when you are sick or when you have been infected with the virus, even if you don't have symptoms.

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

	Quarantine for at least 5 days	After quarantine	Take precautions until day 10
IF YOU Were exposed and are not up-to-date on COVID-19 vaccinations (including boosters and for some immunocompromised when eligible)	<p>Stay home and quarantine for at least 5 full days.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk.</p>



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Calculating Quarantine (Continued)

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

	No quarantine	Watch for symptoms	Take precautions until day 10
<p>IF YOU Were exposed to COVID-19 and are up-to-date with vaccination OR had confirmed COVID-19 within the past 90-days (you tested positive using a viral test)</p>	<p>You do not need to stay home unless you develop symptoms.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk.</p>



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Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

	Stay home for at least 5 days	Ending isolation if you had symptoms	Take precautions until day 10
IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status	<p>Stay home for 5 days and <u>isolate</u> from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p>	<p><u>End isolation after 5 full days</u> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p>Ending isolation if you did NOT have symptoms <u>End isolation after at least 5 full days</u> after your positive test.</p> <p>If you were severely ill with COVID-19 You should isolate for at least 10 days. <u>Consult your doctor before ending isolation.</u></p>	<p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk.</p>

During Isolation and Quarantine:

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.

This document was updated 01/21/2022 using information and guidance available to-date and is subject to change per emerging guidance.



SOUTHWEST
DISTRICT HEALTH

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- Don't share personal household items, like cups, towels, and utensils.
- Wear a [well-fitting mask](#) when you need to be around other people.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to wear a mask when around others, you should continue to quarantine or isolate for 10 days. 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.

DEFINITIONS

Exposure

Close Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact

Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) 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.

High Risk Settings

The new quarantine options do not apply to those living in congregate living settings, such as long-term care facilities, correctional institutions, group homes, or rehabilitation facilities. Healthcare workers should continue following [CDC Interim Guidance for Healthcare personnel](#).