Quarantine Guidance for Close Contacts of a Person with COVID-19*
Revised June 22, 2022 — Additional updates may occur as CDC finalizes its recent guidance.

Quarantine is for people who were close contacts to someone with COVID-19 but haven’t yet developed any symptoms of COVID-19** themselves. It prevents the spread of COVID-19 by asking people who might be infected to stay away from others until enough time has passed to be sure they don’t have COVID-19.

You are a close contact if you were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether masks were worn, and might need to quarantine at home for at least 5 days following your last exposure.

Whether you need to quarantine and for how long depends on your COVID-19 vaccination status, recent infection history, and ability to wear a mask.

Follow the Quarantine Flow Chart on the back of this page to determine if you need to quarantine.

If you are in quarantine you should:
- Stay home and away from others for at least 5 days following your last exposure. Do not travel during this time.
- Get a PCR or antigen test at least 5 days after your last exposure. If you test positive, follow the isolation guidelines. You may travel after 5 full days following your last exposure if your test is negative and you do not have any symptoms**.
- For 10 days following your last exposure:
  - Avoid those at higher risk for getting very sick from COVID-19.
  - Wear a well-fitting mask when around others. You should not do things or go to places where you are unable to wear a mask (e.g., eating with others, going to restaurants, gyms, etc.).
  - Monitor yourself for symptoms consistent with COVID-19**. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow isolation guidelines.
  - Do not travel if you did not get tested at least 5 days after your last exposure.
- If you cannot wear a mask, quarantine for 10 days following your last exposure. You may end quarantine early after 7 days if you received a negative test between days 5–7.

Even if you don’t need to quarantine you should:
- Get a PCR or antigen test at least 5 days after your last exposure. If you test positive, follow the isolation guidelines.
- Wear a well-fitting mask when around others for 10 days after your last exposure.
- Monitor yourself for symptoms consistent with COVID-19** for 10 days after your last exposure. If you develop symptoms, you should get tested immediately with a PCR or antigen test, isolate, and follow isolation guidelines.

Regardless of whether you need to quarantine, if you develop any symptoms consistent with COVID-19** in the 10 days following your last exposure, you need to:
- Isolate away from other people.
- Get a COVID-19 PCR or antigen test. This can be done at a healthcare facility, testing event, or at home. Call 2-1-1 to find a testing site.

*This Quarantine guidance applies to most people under most circumstances. However, there are return-to-work guidelines for Healthcare Personnel:


**Symptoms of COVID-19 can range from mild to severe illness and may include:
- Cough
- Muscle or body aches
- Nausea or vomiting, diarrhea
- Shortness of breath or difficulty breathing
- Headache
- Sore throat, congestion orrunny nose
- Fever or chills
- Fatigue (not as sole symptom in school setting)
- New loss of taste or smell.

Check the CDC website for the latest list of COVID-19 symptoms.
COVID-19 Home Quarantine Guidance Flow Chart

- START HERE -
Do you have any symptoms consistent with COVID-19 or have you tested POSITIVE for COVID-19?

YES, I have symptoms or tested POSITIVE.
You are subject to ISOLATION. See the guideline at: www.maricopa.gov/COVIDIsolation

NO, I haveno symptoms.
Are you a close contact of someone with COVID-19?

YES, I am a close contact.
Did you have and recover from COVID in the past 90 days?

YES, I had recovered from COVID in the past 90 days.
No quarantine necessary. Wear a mask around others until it has been 10 full days since your last exposure. Reevaluate if symptoms appear.

NO, I have not recovered from COVID in the past 90 days.
Are you Up-to-Date with recommended COVID vaccination based on your age and medical conditions?

YES, I’m Up-to-Date.
No quarantine necessary. Wear a mask around others until it has been 10 full days since your last exposure. Get tested at least 5 days after your last exposure. Reevaluate if test result is positive or if symptoms appear.

NO, I’m not Up-to-Date.
QUARANTINE for at least 5 days after your last exposure. Then get tested on or after day 5. Did you get a PCR or Antigen test for COVID and do you know your result?

YES, POSITIVE result.
You are subject to ISOLATION. See the guideline at: www.maricopa.gov/COVIDIsolation

NO, I am not tested, or YES, awaiting result, or YES, NEGATIVE result.
Are you able to wear a mask for 5 more days when around others?

YES, I am able to wear a mask.
QUARANTINE may end 5 days following your last exposure if you continue to wear a mask around others until it has been 10 full days since your last exposure. Reevaluate if you test POSITIVE or symptoms appear.

NO, I am unable to wear a mask.
Continue QUARANTINE until it has been 10 full days since your last exposure. If you may end quarantine after 7 full days if you test negative between days 7-10. Reevaluate if you test POSITIVE or symptoms appear.

2. Close Contacts are people who were within 6 feet of a person with COVID-19 while infectious for a cumulative total of 15 minutes or more over a 24-hour period, regardless of whether masks were worn. [Exception: in the K-12 setting, a student who was within 3-6 feet of an infected student is not considered a close contact if both students were engaged in consistent and correct use of well-fitting masks at all times. This exception does not apply to teachers, staff or other adults in the classroom setting.]

3. Previous COVID-19 infection means you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period within the last 90 days.

6. PCR or Antigen tests for COVID-19 generally require a nose or throat swab or saliva sample. If you received a blood test, this was not a PCR or Antigen test, and you should follow the instructions for “NO, I am untested” at right.

5. Long Term Care Facilities should follow CMS/Medicare testing guidance for exposed residents.

4. Up-to-Date with COVID Vaccinations means a person has completed all recommended COVID-19 vaccines that they are eligible to receive. As of 6/21/22, a person Up-to-Date with their COVID vaccines if they are:
   - 50 years of age or older and have completed a Primary Series and received 1 or 2 Booster doses when eligible.
   - 12 years of age and have completed a Primary Series and received 1 or 2 Booster doses when eligible.
   - 6 months through 4 years of age and have completed a Primary Series.

Is your Primary Series of COVID vaccinations complete? For most people, you’ve completed a Primary Series if you have received any of the following:
- One (1) dose of the J&J vaccine, or
- Two (2) doses of the Moderna vaccine separated by at least 28 days, or
- Two (2) doses of the Pfizer vaccine separated by at least 21 days (5 years+).
- Three (3) doses of the Pfizer vaccine separated by at least 21 days (6m-4y). For people who are moderately or severely immunocompromised, the Primary Series includes either:
  - One dose of the J&J vaccine, or
  - Two doses of the Moderna or Pfizer vaccines as described above plus an additional third dose of Moderna or Pfizer at least 28 days later.
Note: children ages 0-5 months are not eligible for any COVID vaccination at this time.

Have you been Boosted? You have been Boosted if you completed your Primary Series (described above) and received 1 or 2 additional doses of a COVID vaccine (Pfizer and Moderna are preferred in most situations). Timing of the Booster dose depends on which vaccine you received for your Primary Series. If you were with:
- J&J vaccine - the Booster should have been received at least 2 months after the last dose of J&J in your primary series.
- Moderna/Pfizer vaccines – the 1st Booster should have been received at least 5 months after the last dose in your primary series and the 2nd Booster should have been received 4 months after the 1st Booster.
Note: children ages 5-17 may receive only the Pfizer vaccine as a Booster.