If you were within 6 feet of a person with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period or had physical contact with a person with COVID-19, regardless of whether masks were worn, you might need to quarantine at home for 10 days.

Quarantine means you need to:

- Separate yourself from any person (people) with COVID-19 in your home.
- If possible, get tested for COVID-19 with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. Call 2-1-1 to find a testing site.
  - A negative test might allow you to end quarantine after 7 full days if you have not had any symptoms. (See the Home Quarantine Flow Chart on the back of this page.)
- Stay at home for 10 days after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food. This includes:
  - Not using public transportation, rideshares, or taxis
  - Not going to work, school, or public areas
    - If you work in an essential service† and do not have any symptoms* consistent with COVID-19 and must go to work during the 10-day quarantine period, you must wear a face mask when you are within 6 feet of other people and self-monitor for any new symptoms.
- Wash your hands and avoid touching your eyes, nose, and mouth AND cover your coughs and sneezes.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding.
- Clean high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- Call ahead before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.
- Continue to monitor your temperature & symptoms and wear a mask for 14 days after your last contact with the person with COVID-19, regardless of when your quarantine period ends.

Follow the Home Quarantine Flow Chart on the back of this page to determine whether you need to quarantine at home.

If you develop any symptoms consistent with COVID-19* during quarantine, you need to:

- Get tested for COVID-19 with a PCR or antigen (nose swab or saliva) test at a healthcare facility or other testing site. Call 2-1-1 to find a testing site.
- Follow the Home Isolation Guidance at: Maricopa.gov/COVIDisolation

*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 or runny nose
  - Fever or chills
  - Fatigue (not as sole symptom in school setting)
  - New loss of taste or smell.

†Essential Services are defined by Governor Ducey’s Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/EO_2021.pdf

See the Home Quarantine Flow Chart on the back of this page.
COVID-19 Home Quarantine Guidance Flow Chart

Revised - 11 May 2021 - As recommendations have multiplied, font size has gotten smaller. Consider printing on larger paper or zooming in on computer.

- START HERE -
  Have you had any symptoms* consistent with COVID-19?

  YES, I have/had symptoms
  You are subject to ISOLATION. See the ISOLATION guidelines at:
  Maricopa.gov/COVIDIsolation

  NO symptoms
  Are you a close-contact** of someone with COVID-19?

  NO, not a close-contact
  Did you get a PCR or Antigen Test³ for COVID-19 and do you know your result?

    YES, NEGATIVE result
    No quarantine necessary.
    Testing isn’t needed for most people without symptoms who are not close-contacts but is available to everyone.

    YES, but no result yet or NO, not tested
    Begin by following the guideline for "YES, NEGATIVE result" at left, then re-assess when you receive your result.

    YES, POSITIVE result
    You are subject to ISOLATION. See the ISOLATION guidelines at:
    Maricopa.gov/COVIDIsolation

    NO, not vaccinated and no previous COVID-19
    You must quarantine for 10 full days from your last exposure to someone with COVID-19. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure to someone with COVID-19.

  YES, I’m a close-contact
  Did you get a PCR or Antigen Test³ for COVID-19 and do you know your result?

    YES, NEGATIVE result
    Have you been fully vaccinated against COVID-19 and/or did you COVID-19³ in the past 60 days?

      YES, fully vaccinated³ and/or previous COVID-19³
      No quarantine necessary. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure to someone with COVID-19.

      NO, not vaccinated and no previous COVID-19
      You must quarantine for 10 full days from your last exposure to someone with COVID-19. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure to someone with COVID-19.

    YES, but no result yet or NO, not tested
    Begin by following the guideline for "YES, NEGATIVE result" at left, then re-assess when you receive your result.

    YES, POSITIVE result
    You are subject to ISOLATION. See the ISOLATION guidelines at:
    Maricopa.gov/COVIDIsolation

    YES, positive and/or previous COVID-19³
    If you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period within the last 90 days, you do not need to quarantine if you are a close contact of someone with COVID-19, and you do not need to isolate if you test positive for COVID again.

SPECIAL EXCEPTION
EARLY RELEASE - Quarantine may end after 7 full days following your last exposure if you have:
1) Tested for COVID-19 by PCR or Antigen test collected at least 5 full days following your last exposure and...
2) Received a NEGATIVE result, and...
3) Been symptom-free since exposure
You must meet all 3 of the above criteria to end quarantine. Monitor yourself for symptoms and wear a mask for 14 days after your last exposure.

SPECIAL EXCEPTION
Even if fully vaccinated, inpatients/residents in healthcare settings (i.e., hospitals, hospice, LTCHFs, ALFs, DDD and DCS group homes, inpatient rehab, etc.) must quarantine for 14 days following their last exposure to a person with COVID-19.

SPECIAL EXCEPTION
Public health authorities may determine that people who have been vaccinated and/or test negative for COVID-19 must still quarantine for 10-14 days if they are a part of an outbreak due to a variant strain of the virus that causes COVID-19.