

How Long To Quarantine



Close contact with COVID-19 infection?

* High-Risk Settings

- Long-term care facilities
- Residential facilities
- Jails and detention centers



10-day symptom-free quarantine or 7-day symptom-free quarantine and a negative test*** on or after the 5th day



No



Are you a
• healthcare worker or
• first responder?



No



Do you live or work
• in a high-risk setting,* or
• with someone who is at increased risk** for severe disease?



14-Day Quarantine

Were masks worn at the time of exposure?



No

Note

Practice wearing a mask, washing your hands and watching your distance for the full 14 days following your last exposure, even within your household.

*** Tests

PCR or Rapid Antigen

If you test*** positive for COVID-19 self-isolate for:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving****

****Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

** Individuals With Increased Risk

- Persons > 65 years of age
- Persons with underlying conditions:
 - ♦ Cancer
 - ♦ Chronic kidney disease
 - ♦ Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - ♦ Immunocompromised state (weakened immune system) from solid organ transplant
 - ♦ Chronic Obstructive Pulmonary Disease (COPD)
 - ♦ Obesity (body mass index [BMI] of 30 kg/m² or higher but <40 kg/m²)
 - ♦ Severe obesity (BMI>40 kg/m²)
 - ♦ Pregnancy
 - ♦ Sickle cell disease
 - ♦ Smoking
 - ♦ Type II diabetes mellitus

See additional conditions from the [CDC](#).



APH Austin Public Health
PREVENT. PROMOTE. PROTECT.

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Guidelines are subject to change.