COVID-19 Isolation and Quarantine

I am a close contact to a positive case

Are you experiencing any symptoms?

No

Yes

Have you recovered from COVID-19 in the last 90 days?

No

Yes

Did you receive 2 doses of Pfizer or Moderna or 1 dose of J&J vaccine at least 2 weeks before you were exposed?

No

Yes

Quarantine for at least 5 days

- See current [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/prepare/isolation.html) for detailed quarantine information
- Wear a well-fitting mask around other people for 10 days from exposure
- If possible get tested at least 5 days after exposure

I just tested positive for COVID-19

Isolate for at least 5 days, regardless of vaccination status, where day 0 is date of symptom onset or date of positive test if you have no symptoms

- Notify your close contacts and see current [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/prepare/isolation.html) for detailed isolation information
- Wear a well-fitting mask around other people for 10 days
- If you have symptoms, stay in isolation until symptoms are improving and you have been fever-free for 24 hours without fever-reducing medication
- If symptoms are getting worse, call your doctor for guidance and treatment options

Isolate and get tested immediately

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Test positive?

Stay quarantined; test again 5 days after exposure

Test negative?

If positive, isolate

If negative, end quarantine

You do NOT have to quarantine.

- Wear a well-fitting mask around other people for 10 days from exposure
- If possible get tested at least 5 days after exposure (unless you have recovered in the last 90 days as you can continue to test positive for up to 3 months)

Are you eligible for a booster?

No

Yes

Did you get a booster before you were exposed?

No

Yes

I just tested positive for COVID-19

Are you experiencing any symptoms?

No

Yes

Definitions and Notes

- For detailed guidance about isolation and quarantine and when you can be released, visit [coronavirus.health.ny.gov/isolation-quarantine](https://coronavirus.health.ny.gov/isolation-quarantine).
- A close contact is someone who was less than 6 feet away from an infected person 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.
- After a positive test or exposure, wear a well-fitting mask around other people at home and in public for 10 days (where day 0 is the day of symptom onset; positive test if asymptomatic; or last day of exposure).
- Residents of congregate settings and individuals not able to wear a mask should isolate or quarantine for 10 days.
- Following an exposure, monitor for symptoms for 10 days. If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, or if testing is not done, follow isolation recommendations.
- After positive test or exposure, 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.
- Please see current [NYSDOH guidance](https://www.health.ny.gov/disease/coronavirus/coronavirus_covid-19_isolation_and_quarantine.cfm) regarding return to childcare and other high-risk settings.