New recommendations from the Centers for Disease Control and Prevention include **two reduced quarantine options** for people who have been exposed to COVID-19 but **show no symptoms**.

If the **test is negative** and you continue to display no symptoms, you may end quarantine after **seven days**.

If you **have not been tested** but continue to display no symptoms, you may end quarantine after **10 days**.

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**Scenario**

I have been exposed to someone who tested positive for COVID-19.

Have you shown any COVID-19 symptoms?

Yes

Self-quarantine for a full 14 days. If you cannot restrict yourself to a personal bedroom and bathroom, wear a mask whenever entering a shared household space.

No

Did you receive a PCR COVID-19 test at least five days after exposure?

Yes

If the test is negative and you continue to display no symptoms, you may end quarantine after seven days.

No

If you have not been tested but continue to display no symptoms, you may end quarantine after 10 days.

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**Sources:** Centers for Disease Control and Prevention, Columbia/Boone County Department of Public Health & Human Services