Reduced quarantine options introduced

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**.

Scenario

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

Yes -----

Have you shown any COVID-19 symptoms?

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.

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

No

Yes ___

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

No

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