



# Quarantine for people with no symptoms



Safest:  
Full 14  
days

Quarantine at Home

10-day  
with no  
testing

Quarantine at Home

Released from quarantine, but monitor for symptoms and take precautions\*

7-day  
with  
testing

Quarantine at Home

Released from quarantine after receiving negative test result, but monitor for symptoms and take precautions\*

Day 0

Date of most recent exposure

Day 5

Earliest day to get a test

Day 7

Day 10

Day 14

*\*If symptoms develop, isolate and get tested.*