

Self-Checker



TM

Coronavirus Self-Checker

[Centers for Disease Control and Prevention. CDC twenty four seven. Saving Lives, Protecting People](#)



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™



Centers for Disease
Control and Prevention

Search

Search

COVID-19

[COVID-19 All CDC](#)

Submit

For a full list of topics: [A-Z Index](#)

[Advanced Search](#)

[Advanced Search](#)

[Coronavirus Disease 2019 \(COVID-19\)](#)

[Coronavirus Disease 2019](#)

 [Wear a mask.](#)

 [Wear a mask.](#)

 [Wear a mask.](#)

[Coronavirus Home](#)

- [Your Health](#)
 - - [Things You Need to Know](#)
 - [Symptoms](#)
 - [Testing](#)
 - [Vaccines](#)

- [Prevent Getting Sick](#)
- [If You Are Sick](#)
- [People at Increased Risk](#)
- [Daily Activities & Going Out](#)
- [Travel](#)

[VIEW ALL](#)

- [Community, Work & School](#)
 - [Cleaning & Disinfecting](#)
 - [Schools & Child Care](#)
 - [Colleges & Universities](#)
 - [Workplaces & Businesses](#)
 - [Parks, Sports & Recreation](#)
 - [Community Organizations & Gatherings](#)
 - [Shared Housing](#)
 - [Health Equity](#)
 - [Tribal Communities](#)

[VIEW ALL](#)

- [Healthcare Workers & Labs](#)
 - Healthcare Workers
 - [Testing](#)
 - [Clinical Care](#)
 - [Infection Control](#)
 - [Guidance for U.S. Facilities](#)

[VIEW ALL](#)

Laboratories

- [Resources for Labs](#)
- [CDC Lab Work](#)
- [Frequently Asked Questions](#)

[VIEW ALL](#)

- [Health Depts](#)
 - [Key Resources](#)
 - [Contact Tracing](#)
 - [Search Health Departments](#)
 - [Infection Control](#)
 - [Testing](#)
 - [Surveillance & Data Analytics](#)
 - [Laboratory Capacity](#)
 - [Community Mitigation](#)
 - [Staffing Resources](#)

[VIEW ALL](#)

- [Cases & Data](#)
 - [US Cases & Deaths](#)
 - [Cases & Deaths by County](#)
 - [Testing Data in the US](#)
 - [Hospitalization & Emergency Dept](#)
 - [Serology \(Antibody\) Surveillance](#)
 - [Special Populations](#)
 - [Forecasting](#)
 - [COVIDView Weekly](#)
 - [SARS-CoV-2 Sequencing \(SPHERES\)](#)

[VIEW ALL](#)

- [More](#)
 - [CDC in Action](#)
 - [Global COVID-19](#)

- [Science & Research](#)
- [Guidance Documents](#)
- [Communication Resources](#)
- [What's New](#)

[VIEW ALL](#)

Section Navigation

[CDC Home](#)

When to Quarantine

When to Quarantine

Stay home if you might have been exposed to COVID-19

Updated Oct. 27, 2020

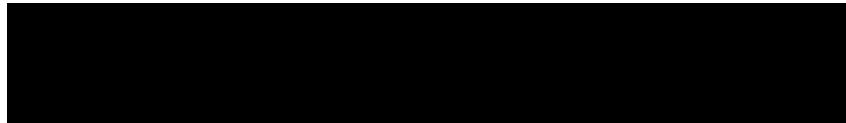
Languages

[Español](#)[简体中文](#)[Tiếng Việt](#)[한국어](#)

[Other Languages](#)

Print

- [Facebook](#)
- [Twitter](#)
- [LinkedIn](#)
- [Syndicate](#)



Related Pages

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Quarantine or isolation: What's the difference?



Quarantine keeps someone who might have been exposed to the virus away from others.

[Isolation](#) keeps someone who is infected with the virus away from others, even in their home.

Who needs to quarantine?

People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as [close contact](#)?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

Confirmed and suspected cases of reinfection of the virus that causes COVID-19

[Cases of reinfection](#) of COVID-19 have been reported but are rare. In general, reinfection means a person was infected (got sick) once, recovered, and then later became infected again. Based on what we know from similar viruses, some reinfections are expected.

When to start and end quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19.

For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

See scenarios below to determine when you can end quarantine and be around others.

Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

I had [close contact](#) with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had [close contact](#).

Date of last [close contact](#) with person who has COVID-19 + 14 days = end of quarantine

 Illustration of a calendar showing the days of a month and the first and last days of the 14-day quarantine highlighted.

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no [close contact](#) with the person since they isolated.

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation

Date person with COVID-19 began home isolation + 14 days = end of quarantine

 Illustration of a calendar showing the days of a month and the first and last days of the 14-day quarantine highlighted.

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 3. Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period because we had [close contact](#). What if I ended up having [close contact](#) with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had [close contact](#) with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had [close contact](#), you will need to restart your quarantine.**

Date of additional [close contact](#) with person who has COVID-19 + 14 days = end of quarantine

 Illustration of a calendar showing the days of a month and the first day of the 14-day quarantine. There was additional contact with a sick person on day 5, so the 14-day quarantine starts over.

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid [close contact](#) with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine

 Illustration of a calendar showing the days of a month and the first and last days of the 14-day quarantine highlighted after the person has met the home isolation criteria.

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

[Top of Page](#)

- [Facebook](#)
- [Twitter](#)
- [LinkedIn](#)
- [Syndicate](#)

Last Updated Oct. 27, 2020

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)

[home](#)[Your Health](#)

- [Things You Need to Know](#)
- [Symptoms](#)[plus icon](#)
 - [Coronavirus Self-Checker](#)
- [Testing](#)[plus icon](#)
 - [Testing for COVID-19](#)
 - [Test for Current Infection](#)
 - [Test for Past Infection](#)
 - [Contact Tracing](#)
- [Vaccines](#)[plus icon](#)
 - [8 Things to Know](#)
 - [About COVID-19 Vaccines](#)[plus icon](#)
 - [How Vaccines Work](#)
 - [Benefits of Getting a COVID-19 Vaccine](#)
 - [Facts about COVID-19 Vaccines](#)
 - [How CDC is Making Vaccine Recommendations](#)
 - [Ensuring the Safety of Vaccines](#)
 - [Ensuring COVID-19 Vaccines Work](#)
 - [Frequently Asked Questions about Vaccination](#)
- [Prevent Getting Sick](#)[plus icon](#)
 - [How It Spreads](#)
 - [Protect Yourself](#)
 - [Masks](#)[plus icon](#)
 - [How to Select Masks](#)
 - [How to Wear Masks](#)
 - [Storing and Washing Masks](#)
 - [Making Masks](#)
 - [Considerations for Wearing Masks](#)
 - [I Wear a Mask Because...](#)
 - [How to Select and Use Hand Sanitizer](#)

- [Wearing Gloves](#)
- [Cleaning Your Home](#)[plus icon](#)
 - [Detailed Disinfection Guidance](#)
- [Social Distancing](#)
- [Household Checklist](#)
- [Living in Close Quarters](#)
- [Living in Shared Housing](#)
- [If You Are Sick](#)[plus icon](#)
 - [What to Do If You Are Sick](#)
 - [Isolate If You Are Sick](#)
 - [When to Quarantine](#)
 - [Caring for Someone](#)
 - [Parents or Caregivers Who Are Sick](#)
 - [When You Can be Around Others](#)
 - [Potential Treatments for Severe Illness](#)
 - [Reinfection](#)
 - [Long-Term Effects](#)
 - [Multisystem Inflammatory Syndrome in Adults](#)
- [People at Increased Risk](#)[plus icon](#)
 - [Older Adults](#)
 - [People with Certain Medical Conditions](#)
 - [Other People Who Need Extra Precautions](#)[plus icon](#)
 - [Rural Communities](#)
 - [People with Disabilities](#)
 - [People with Developmental & Behavioral Disorders](#)
 - [People Experiencing Homelessness](#)
 - [Pregnancy & Breastfeeding](#)
 - [Nursing Homes & Long-Term Care Facilities](#)
 - [Caregivers of People Living with Dementia](#)
 - [People with Asthma](#)
 - [Newly Resettled Refugee Populations](#)
 - [Drug Use & Substance Use Disorder](#)
 - [Resources for Limited-English-Proficient Populations](#)
- [Daily Activities & Going Out](#)[plus icon](#)
 - [Deciding to Go Out](#)
 - [Returning to Work](#)
 - [Running Errands](#)
 - [Using Transportation](#)
 - [Personal & Social Activities](#)[plus icon](#)
 - [Voting Tips](#)
 - [Holidays](#)[plus icon](#)
 - [Do What's Best for You](#)
 - [Halloween](#)
 - [Thanksgiving](#)
 - [Doctor Visits & Getting Medicines](#)
 - [Visiting Beaches & Pools](#)
 - [Visiting Parks & Recreational Facilities](#)
 - [Playing Sports](#)
 - [Attending Sporting Events](#)
 - [Food Safety](#)
 - [In-Home Services](#)
- [Travel](#)[plus icon](#)
 - [Testing and International Air Travel](#)
 - [Travel During COVID-19](#)[plus icon](#)

- [Mask Recommendation](#)
- [Travel Health Noticesplus icon](#)
 - [How COVID-19 Travel Health Notice Levels Are Determined](#)
- [When to Delay Travel](#)
- [Know Your Travel Risk](#)
- [Travel Plannerplus icon](#)
 - [Travel Planner Instructions for Health Departments](#)
- [After You Travel](#)
- [Cruise Ship Travelplus icon](#)
 - [What CDC is Doing for Cruise Travelers](#)
 - [Crew Disembarkations through Commercial Travel](#)
- [Travel FAQs](#)
- [Travelers Prohibited from Entry to the US](#)
- [Communication Resources for Travelersplus icon](#)
 - [Road Travel Toolkit for Transportation Partners](#)
 - [Air Travel Toolkit for Airline Partners](#)
 - [Southern Border Toolkit for Partners](#)
- [Children & Teensplus icon](#)
 - [MIS-C Info for Parents](#)
 - [COVID-19 in Children & Teens](#)
 - [Stop the Spread in Children](#)
 - [Keeping Children Healthy](#)
 - [Helping Children Learn](#)
 - [Deciding How to Go Back to School](#)
 - [Checklists for Going Back to School](#)
 - [Resources for Parentsplus icon](#)
 - [At-Home Scavenger Hunt](#)
 - [Talking with Children](#)
- [Stress & Copingplus icon](#)
 - [Coping with Stress](#)
 - [Helping Children Cope](#)
 - [Reducing Stigma](#)
 - [Stop the Spread of Rumors](#)
 - [Grief & Loss](#)
 - [Alcohol & Substance Use](#)
 - [Support for People Experiencing Abuse](#)
 - [Support for Veterans](#)
 - [Support for Teens & Young Adults](#)
 - [Funeral Guidance](#)
- [Pets & Other Animalsplus icon](#)
 - [Animals & COVID-19](#)
 - [If You Have Pets](#)
 - [If Your Pet Tests Positive](#)
 - [Guidance for Handlers of Service & Therapy Animals](#)
- [Frequently Asked Questions](#)

email_03Get Email Updates

To receive email updates about COVID-19, enter your email address:

Email Address

[What's this?](#)

HAVE QUESTIONS?

[Visit CDC-INFO](#)

[Call 800-232-4636](#)

[Email CDC-INFO](#)

[Open 24/7](#)

CDC INFORMATION

- [About CDC](#)
- [Jobs](#)
- [Funding](#)
- [Policies](#)
- [File Viewers & Players](#)

- [Privacy](#)
- [FOIA](#)
- [No Fear Act](#)
- [OIG](#)
- [Nondiscrimination](#)
- [Accessibility](#)

CONNECT WITH CDC

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [LinkedIn](#)
- [Snapchat](#)

- [Youtube](#)
- [Syndicate](#)
- [CDC TV](#)
- [RSS](#)
- [Email](#)

[U.S. Department of Health & Human Services](#)

[USA.gov](#)

[CDC Website Exit Disclaimer](#) external icon

[LANGUAGE ASSISTANCE](#)

[Español](#)

[繁體中文](#)

[Tiếng Việt](#)

[한국어](#)

[Tagalog](#)

[Русский](#)

[العربية](#)

[Kreyòl Ayisyen](#)

[Français](#)

[Polski](#)

[Português](#)

[Italiano](#)

[Deutsch](#)

[日本語](#)

[فارسی](#)

[English](#)

CONTACT CDC

[Visit CDC-INFO](#)

[Call 800-232-4636](#)

[Email CDC-INFO](#)

[Open 24/7](#)

ABOUT CDC

- [About CDC](#)
- [Jobs](#)
- [Funding](#)

POLICIES

- [Policies](#)
- [File Viewers & Players](#)
- [Privacy](#)
- [FOIA](#)
- [No Fear Act](#)
- [OIG](#)
- [Nondiscrimination](#)
- [Accessibility](#)
- [CDC Website Exit Disclaimer](#) external icon

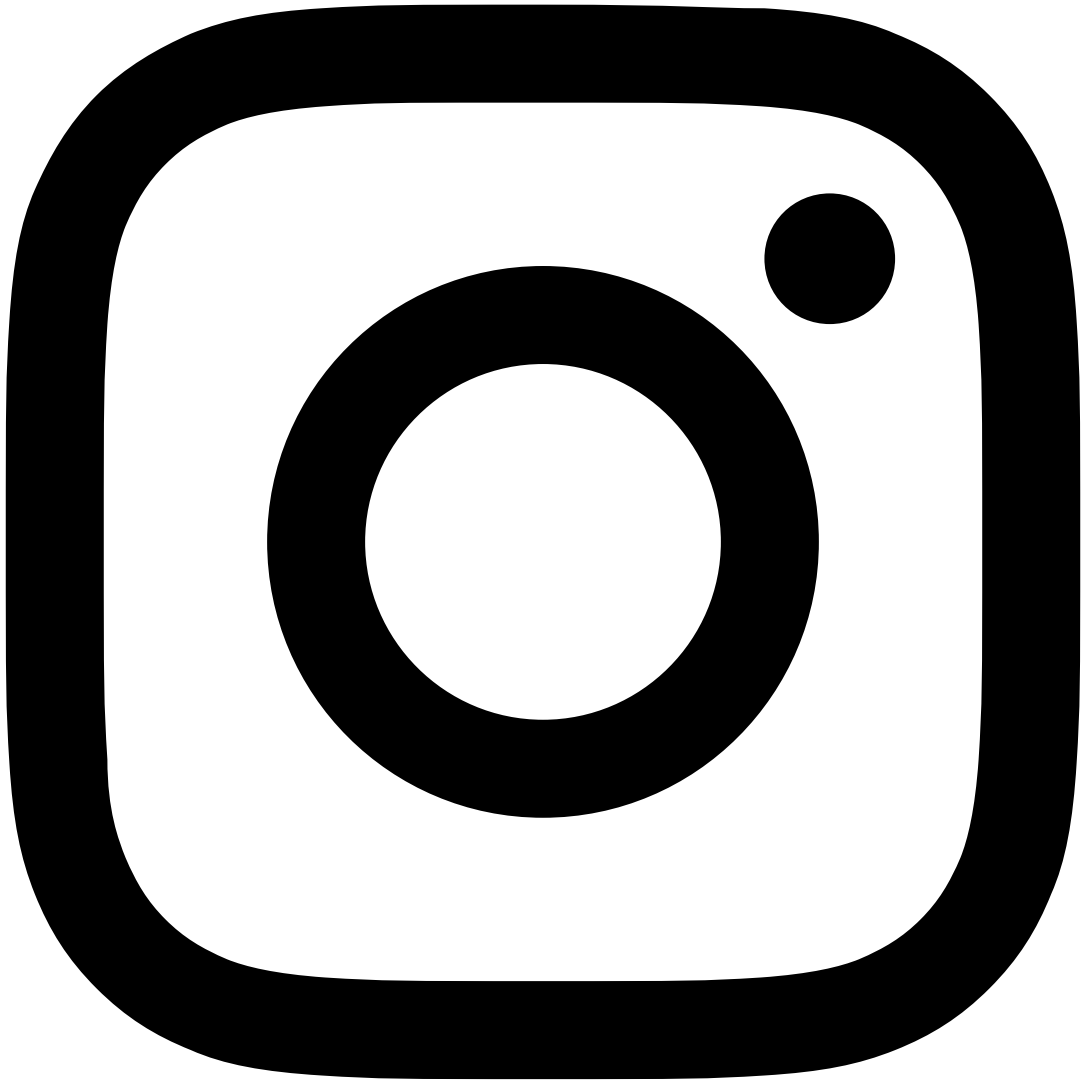
LANGUAGES

- [Español](#)
- [繁體中文](#)
- [Tiếng Việt](#)
- [한국어](#)
- [Tagalog](#)
- [Русский](#)
- [العربية](#)
- [Kreyòl Ayisyen](#)
- [Français](#)
- [Polski](#)
- [Português](#)
- [Italiano](#)
- [Deutsch](#)

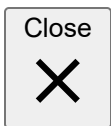
- [日本語](#)
- [فارسی](#)
- [English](#)

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [LinkedIn](#)
- [Snapchat](#)
- [Youtube](#)
- [Syndicate](#)
- [CDC TV](#)
- [RSS](#)
- [Email](#)

[U.S. Department of Health & Human Services USA.gov](#)



Exit Notification/Disclaimer Policy



**Links with this icon
website.**

indicate that you are leaving the CDC

- The Centers for Disease Control and Prevention (CDC) cannot attest to the accuracy of a non-federal website.
- Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website.
- You will be subject to the destination website's privacy policy when you follow the link.
- CDC is not responsible for Section 508 compliance (accessibility) on other federal or private website.

For more information on CDC's web notification policies, see [Website Disclaimers](#).

Cancel

Continue