

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) because symptoms may appear 2 to 14 days after exposure to the virus. Please note, for all of these scenarios if your quarantine starts at noon on day 1, then it would end at noon on the last day.

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 + 14 days = end of quarantine



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.

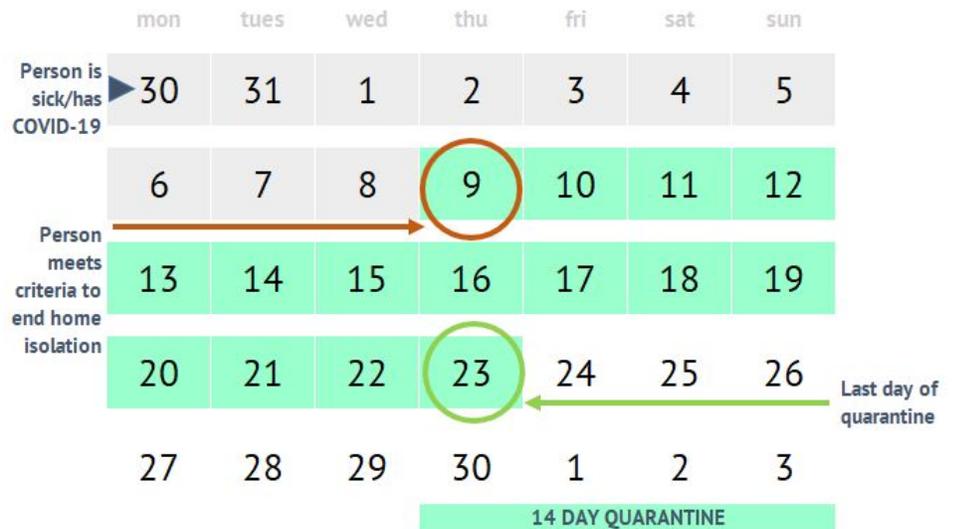
Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation

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



Scenario 3: 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. Learn more about isolation timing at



<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-isolation-COVID19-11520.pdf>

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

Your quarantine dates:

Date of last contact with positive COVID-19 case: _____

Date of quarantine start: _____

Date of quarantine end: _____