



Calculation of Isolation and Quarantine Dates

Isolation: 10 days total, or 20 days for those cases with severe illness or immunosuppression.

Day 0 is either the 1st day of symptoms or the test date if case is asymptomatic.

EX. If Day 0 is Wednesday 7/1, the end of isolation is Saturday 7/11 and the release date is Sunday 7/12, providing case has improvement of symptoms with no use for fever-reducing medication.

If case had severe illness or immunosuppression, the end of isolation is Tuesday 7/21 and the release date is Wednesday 7/22.

Quarantine: 14 or more days

Scenario 1: Close contact with individual with COVID-19 (Index case) who you will not have any further contact with.

Day 0 is the date of last close contact with Index case.

EX. If the last day of contact is Wednesday 7/1 (Day 0), the end of quarantine is Wednesday 7/15 and the release date is Thursday 7/16.

Scenario 2: Close contact with Index case that you live with and can avoid further contact should follow Scenario 1 dates.

EX. If a contact lives with an Index case (family member, spouse, child, roommate, etc.) and Index case can be isolated by staying in a separate bedroom. Close contact will not have further contact with the isolated Index case.



Scenario 3: Close contact who is currently in quarantine and is re-exposed to a second Index case should restart their quarantine from date of re-exposure.

EX. Initial date of quarantine is 7/1, contact is re-exposed to Index case on 7/5; Day 0 of quarantine changes to 7/5, end of quarantine date changes from 7/15 to 7/19 with release date changing from 7/16 to 7/20.



Scenario 4: Contact lives with Index case and cannot avoid close contact. Day 0 is the date of index case's end of isolation. Household contact is quarantined throughout the Index case's isolation plus 14 days of additional quarantine.

EX. If the Index case's last day of isolation is Wednesday 7/9 (Day 0 of quarantined contact), the household contact begins quarantine 7/9. The end of quarantine date is Wednesday 7/23 and the release date is Thursday 7/24. Total days of quarantine is 24.



Contact with individual who is a contact of a COVID-19 individual: No restrictions.

Scenario 5: Contact to Index case is quarantined: Contact to a quarantined individual has no restrictions, as there was no contact to an Index case.