

# When can you safely end self-quarantine?

You will need to stay in self-quarantine for **10 days** from the date of your last close contact with someone with COVID-19. The examples below will teach you how to determine the last date in your self-quarantine period.

## Tips to determine when your self-quarantine ends

**No further contact with someone with COVID-19:** Your last day in self-quarantine is 10 days from the date when you last had close contact with that person.

Your last close contact with a person with COVID-19 on **January 1**



**10 days**



Your last day in self-quarantine is **January 11**

**Continued contact with someone with COVID-19:** If you continue to have close contact (like living with or caring for the person), your last day of self-quarantine is **10 days** from the date the person started to follow [Self-isolation Instructions for Individuals Who Have or Likely Have COVID-19](#)

The person with COVID-19 started to follow self-isolation instructions on **January 5**



**10 days**



Your last day in self-quarantine is **January 15**

**Continued contact with someone with COVID-19:** The **10-day** quarantine period will restart if you have close contact with the person with COVID-19 at any time during your self-quarantine. It will restart on the date of your last close contact.

You started to self-quarantine on **January 10**



You had close contact with a person with COVID-19 on **January 13**



**10 days**



Your last day in self-quarantine is **January 23**

**Cannot avoid close contact with someone with COVID-19:** Your last day of self-quarantine is **10 days** from the date the person with COVID-19 completed their self-isolation. This means they were told by their doctor or local health department it was safe to be near others.

Person with COVID-19 completes self-isolation on **January 15**



**10 days**



Your last day in self-quarantine is **January 25**

Want more information? Visit the CA Department of Public Health website [cdph.ca.gov/covid19](https://cdph.ca.gov/covid19)

Please call your medical provider for any questions related to your health.

If you need help finding a medical provider, call 2-1-1 or your county's Information Line.