

# Weehawken is following CDC guidance on Covid Quarantine and Isolation

## \*Quarantine

If you were exposed

You [quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19.

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## \*Isolate

If you are sick or test positive

You [isolate](#) when you are sick or when you have been infected with the virus, even if you don't have symptoms.

## When to Stay Home

### Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

## IF YOU

**Were exposed to COVID-19 and are NOT [up-to-date](#) on COVID-19 vaccinations**

Quarantine for at least 5 days

- Stay home
- Stay home and [quarantine](#) for at least 5 full days.
- Wear a well-fitted mask if you must be around others in your home.
- Get tested
- Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

## After quarantine

- Watch for symptoms
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

## If you develop symptoms

- [Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.
- Take precautions until day 10
- Wear a mask
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- Avoid travel
- Avoid being around people who are at high risk

## IF YOU

### **Were exposed to COVID-19 and are [up-to-date](#) with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**

- No quarantine
- You do not need to stay home unless you develop symptoms.
- Get tested
- Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19
- Watch for symptoms
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

## If you develop symptoms

- [Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.
- Take precautions until day 10
- Wear a mask
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

- Avoid travel
- Avoid being around people who are at high risk

### Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

### IF YOU

#### **Tested positive for COVID-19 or have symptoms, regardless of vaccination status**

- Stay home for at least 5 days
- Stay home for 5 days and [isolate](#) from others in your home.
- Wear a well-fitted mask if you must be around others in your home.
- Ending isolation if you had symptoms
- [End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- Ending isolation if you did NOT have symptoms
- [End isolation after at least 5 full days](#) after your positive test.
- If you were severely ill with COVID-19
- You should isolate for at least 10 days. [Consult your doctor before ending isolation.](#)
- Take precautions until day 10
- Wear a mask
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- Avoid travel
- Avoid being around people who are at high risk