

Guidance for the New CDC COVID-19 Quarantine Options:

If you are exposed to a COVID-19 positive person:

- If you are [exposed](#) to a COVID-19 positive person you should go into quarantine
- Your time in quarantine will keep you from spreading the virus to others, if you are infected and have no symptoms
- When in quarantine, you should wear your mask indoors and outdoors
- Do not mix with other people outside of your household - the people you live with, unless absolutely necessary

Three different ways you can quarantine as long as you have NO symptoms:

1. Quarantine for 14 days; especially if you are going to be around people that are [high-risk](#) for the virus: elderly, people with co-morbidities, immunocompromised (*Recommended*)
2. Quarantine for 10 days if you **have NO** [symptoms](#)
3. Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and **have NO** [symptoms](#)

Take steps to protect yourself and others:

- Stay away from people you live with – use a separate room and bathroom, if possible
- Do not go to work, school, or other places outside your home
- Do not allow others into your home
- Ask friends or family to bring groceries, medicines, or supplies
- If you need support or help call your healthcare provider, local health department, or **1-844-KYTRACE**