



QUARANTINE OPTIONS

THE BEST OPTION | AVOID QUARANTINE BY:

- A. Getting vaccinated (if eligible)
- B. Wearing a mask
- C. Maintaining social distance

7-DAY OPTION | QUARANTINE CAN END AFTER 7 DAYS IF:

- A. You don't develop symptoms consistent with COVID-19
- B. You test negative for COVID-19 on a viral test at least 5 days after exposure. Test must be taken or proctored by a healthcare provider.
- C. You monitor for symptoms for 14 days. If symptoms develop immediately isolate at home for 10 days from symptom onset date and notify the Delaware Public Health District.
- D. It is recommended you wear a mask and maintain social distance through day 14.

10-DAY OPTION | QUARANTINE ENDS AFTER 10 DAYS IF:

- A. You don't develop symptoms consistent with COVID-19
- B. You monitor for symptoms for 14 days. If symptoms develop immediately isolate at home for 10 days from symptom onset date and notify the Delaware Public Health District.
- C. It is recommended you wear a mask and maintain social distance through day 14.