

# How long to keep away from others (quarantine)

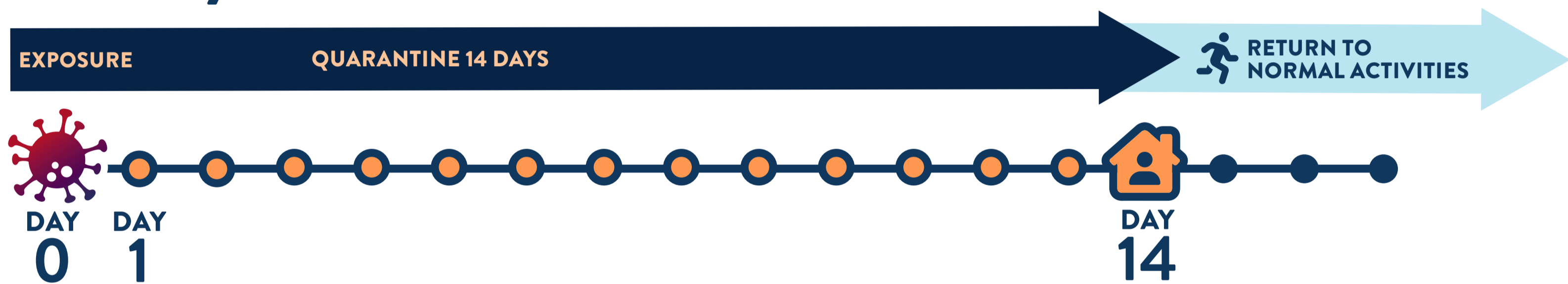
If you've had contact with someone with COVID-19 but are not experiencing symptoms

You must quarantine for 14 days if:



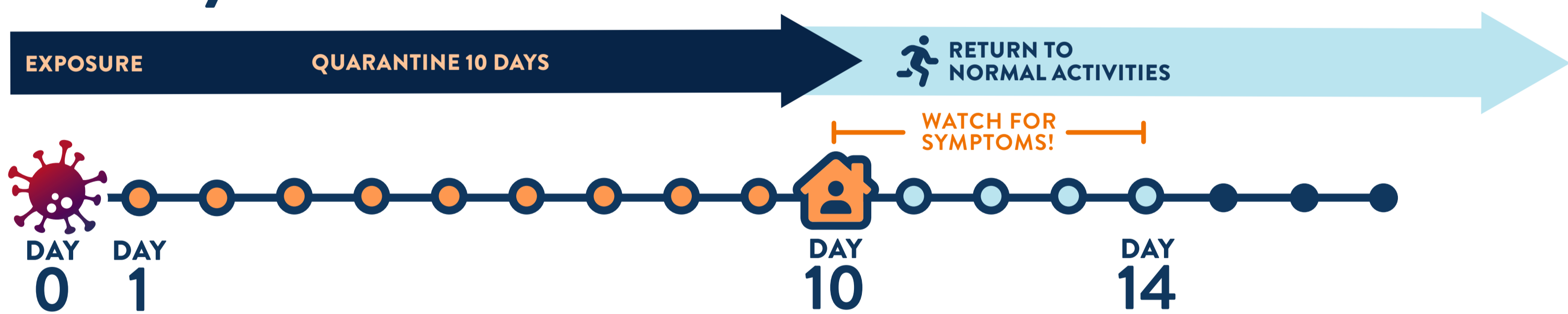
- Someone in your home has COVID-19.
- You live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

## 14-Day Quarantine - the safest option.



You have additional options if you do not live with anyone who has COVID-19, and have not had a positive test for COVID-19, and you are not experiencing symptoms:

## 10-Day Quarantine



## 7-Day Quarantine - requires a negative COVID-19 test.



Always follow safe practices.