

# HOW LONG TO QUARANTINE

Information for Religious Education Programs in the Diocese of Austin



## You had close contact with a COVID-19 positive individual

Are you fully vaccinated with no COVID-19 signs or symptoms?

OR

Have you tested positive for COVID-19 within the past 3 months, recovered, and not developed new symptoms?

**YES**

**NO**

You do not need to quarantine.

However, CDC guidance recommends that you:

- Get a viral COVID-19 test (PCR or rapid antigen) 3-5 days after the initial exposure and isolate for 10 days if your test result is positive;
- Continue to wear a mask indoors (also wear a mask outdoors in crowded settings or during activities involving sustained close contact with others); and
- Consider masking at home for 14 days following a known exposure if you live in a household with anyone who is immunosuppressed, at increased risk of severe disease, or is unvaccinated (including children not yet eligible for the vaccine).

At time of exposure, were masks worn by both the COVID-19 positive individual and the exposed individual?

**YES**

**NO**

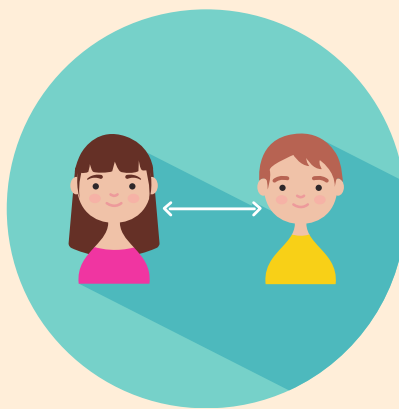
Do you live with someone who is at increased risk for severe disease?

14-Day Quarantine

**NO**

**YES**

10-day symptom-free quarantine or 7-day symptom-free quarantine and a negative test (PCR or rapid antigen) on or after the 5th day



### Note

People who test positive for COVID-19 (with a PCR or rapid antigen test) must isolate. Those with symptoms should self-isolate for:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving\*\*

Those who test positive but have no symptoms must stay home until at least 10 days after the day they were tested.

\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.



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