

**CDC Quarantine Period After Exposure<sup>1</sup> for the General Population<sup>2</sup>  
Who Remain Asymptomatic**

Day	Up to date <sup>3</sup> on COVID-19 vaccine	Not up to date <sup>3</sup> on COVID-19 vaccine
0	<ul style="list-style-type: none"> <li>Day of exposure</li> <li>Do not need to quarantine</li> <li>Wear a mask around others for 10 days</li> </ul>	<ul style="list-style-type: none"> <li>Day of exposure</li> <li>Start quarantine<sup>4</sup></li> </ul>
5	Get COVID-19 test <sup>5,6</sup>	Get COVID-19 test <sup>5,6</sup> <ul style="list-style-type: none"> <li>If test negative, then may end quarantine</li> <li>Wear a mask around others for additional 5 days</li> </ul>

<sup>1</sup> You are defined as exposed, regardless of your vaccination status, if in contact with an individual within 48 hours of them testing positive for SARS-CoV-2 in the case of an asymptomatic person, or developing symptoms in the case of a person diagnosed with COVID-19, under the following conditions:

You were

- Within 6 feet of the individual, or in K-12 school settings, within 3 feet of the individual,
- For greater than 15 minutes, or cumulatively for greater than 15 minutes over a 24 hour period, regardless of the use of masks, or

You provided care at home to the individual, or

You had direct physical contact with the person (hugged or kissed them), or

You shared eating or drinking utensils

<sup>2</sup> State public health authorities determine quarantine period based on local conditions and needs. Healthcare personnel and those deemed essential workers may have different quarantine requirements from the general public.

<sup>3</sup> Up to date means the individual has received the primary vaccine series and all eligible boosters.

<sup>4</sup> Test and stay programs allow unvaccinated kids to attend school following a single exposure if they participate in daily testing, masking, and quarantine when away from school. However, if there is ongoing exposure at home, it is appropriate for that student to remain at home until the infected individual has ended isolation. Then the student would return to school and participate in daily testing.

<https://education.vermont.gov/covid19/testing>

<https://education.vermont.gov/covid19/testing/faq-vermont-covid19-school-testing-program>

<sup>5</sup> A nucleic acid amplification test (NAAT) such as PCR is preferred due to higher sensitivity. An antigen test, including a “rapid home test”, is acceptable, particularly by obtaining two negative antigen tests 24 hours apart beginning on day 4 when possible.

<sup>6</sup> Those with a confirmed positive test within the last 90 days and asymptomatic do not need to test.