COVID-19 Quarantine Guidelines

For those who have been in close contact to someone with confirmed COVID-19.

Who needs to quarantine?
- Persons who completed a primary series of COVID-19 vaccine but have NOT received a booster shot when eligible.
- Persons who have not completed a primary vaccine series.

Who does not need to quarantine?
- Persons who are up to date with vaccinations (completed a primary series of COVID-19 vaccine AND have received all recommended vaccine doses, including boosters and additional primary doses for some immunocompromised people).
- Persons who had confirmed COVID-19 within the last 90 days.

Day 0 → Date of exposure to someone with COVID-19.
Day 1 → This is your first full day of quarantine.

Day 2
Day 3
Day 4
Day 5 → Get tested at least 5 days after close contact.

Day 6
- DAY 6
  - No symptoms and/or negative test
  - You may leave the house, but wear a mask and monitor for symptoms through day 10.
  - If testing is not available, you can end quarantine after day 5 if no symptoms are present.

Day 7
Day 8
Day 9
Day 10
Day 11 → You may resume regular activities.

Additional Steps

Continue to wear a well-fitted mask or respirator when around others at home and in public through day 10.

Continue to monitor for symptoms. If symptoms develop, get tested and follow isolation recommendations.

Delay travel when possible until a full 10 days after the last close contact.

Avoid people who are immunocompromised or at high risk of severe disease through day 10.

Do not go to places where you are unable to wear a mask, such as restaurants through day 10.

Learn more about COVID-19 at nj.gov/health/cd/topics/ncov.shtml