



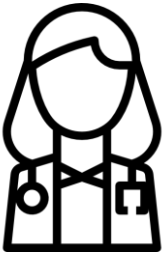
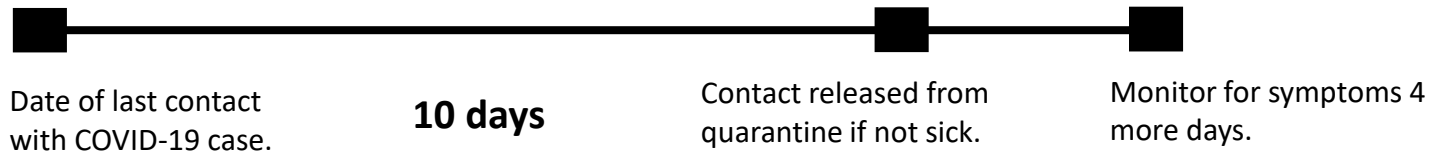
# Ending Quarantine and Return to Work if You Are Exposed to a COVID-19 Case



**Household Contact: Self-quarantine and monitor for symptoms** while COVID-19 case is home sick. Once case is released from isolation, quarantine for 10 additional days, then continue to monitor for symptoms for 4 days.



**Non-Household Contact: Self-quarantine and monitor for symptoms** until 10 days after the date of last contact. Continue to monitor for symptoms for 4 more days.



**Healthcare Personnel:** Asymptomatic healthcare personnel should quarantine if the healthcare facility can function without them. Quarantine for at least 10 days, though employers can require 14 days. If 10 days, follow the below guidance for 4 more days after leaving quarantine. If the facility would close without them, they can continue to work as long as they:

- Are not sick.
- Monitor for symptoms.
- Follow quarantine guidelines outside of work.
- Wear a mask.
- Keep a 6-foot distance as much as possible.



**Critical Infrastructure:** Personnel considered critical infrastructure workers by US CDC may continue to work following potential exposure if they do not have any symptoms and take additional precautions prior to and during their work shift. Follow US CDC recommendations for [critical infrastructure workers \(non-healthcare\)](#).