Quarantine Options for People with No Symptoms

- **Safest: 14 full days**
- **10 day w/ no testing**
- **7 day w/ testing**

**Day 0** date of most recent exposure

- **Quarantine at Home**

**Day 5** earliest date to test

- **Quarantine at Home**

**Day 7**

- Released from quarantine, but monitor symptoms & take precautions

**Day 10**

- Released from quarantine after receiving negative test result, but monitor symptoms & take precautions

**Day 14**

If symptoms develop, isolate & get tested

Design by Missouri DHSS