# 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 and for 14 days after they are released from isolation.

Person's onset date.

Person released from isolation.

14 days

Household contact released from quarantine if not sick.

Non-Household Contact: **Self-quarantine and monitor for symptoms** until 14 days after the date of last contact with the COVID-19 case.

Date of last contact with COVID-19 case.

14 days

Non-household contact released from quarantine if not sick.
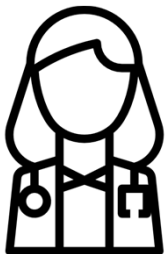
Healthcare Personnel: Asymptomatic healthcare personnel should self-quarantine for 14 days if the healthcare facility can function without them. If the facility would close without them, they can continue to work as long as they:

- 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).](#)