How long to keep away from others (quarantine)
If you’ve had contact with someone with COVID-19

You must quarantine for 14 days if:

- Someone in your home has COVID-19.
- You live in a building with other people, where it’s hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

14-Day Quarantine - the safest option.

You have additional options if you do not live with anyone who has COVID-19, and have not had a positive test for COVID-19:

10-Day Quarantine

7-Day Quarantine - requires a negative COVID-19 test.

Always follow safe practices.