



Calculation of Isolation and Quarantine Dates

Isolation: 10 days total, or up to 20 days for those cases with severe illness or immunosuppression.

Day 0 is either the 1st day of symptoms or the test date if the case is asymptomatic.

EX. If Day 0 is Wednesday 7/1, the last day of isolation is Saturday 7/11 and the release date is Sunday 7/12, providing the case has improvement of symptoms with no use for fever-reducing medication.

If a case had severe illness or immunosuppression, the last day of isolation is Tuesday 7/21 and the release date is Wednesday 7/22.

Quarantine: 10 or more days. Please note those who are released from quarantine after day ten need to continue to monitor for and report symptoms through day 14.

Scenario 1: Contact lives with Index case and cannot avoid close contact. Day 0 is the date of the index case's last day of isolation. Household contact is quarantined throughout the Index case's isolation plus 10 days of additional quarantine.

EX. If the Index case's last day of isolation is Wednesday 7/8 (Day 0 of quarantined contact), the household contact begins quarantine 7/9. The last day of quarantine is Saturday 7/18 and the release date is Sunday 7/19. Total days of quarantine is 20 (Index case 10 day isolation + Contact's 10 day quarantine). (☐= Household Extended Quarantine Dates. Green box= Day 1 of Quarantine, Red box =last day of Quarantine)

*Please note those who are released from quarantine after day ten need to continue to monitor for and report symptoms through day 14.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	☐9	☐10	☐11
☐12	☐13	☐14	☐15	☐16	☐17	☐18
19	20	21	22	23	24	25

Scenario 2: Close contact with individuals with COVID-19 (Index case) who you will not have any further contact with.

Day 0 is the date of last close contact with the Index case.

EX. If the last day of contact is Wednesday 7/1 (Day 0), the last day of quarantine is Saturday 7/11 and the release date is Sunday 7/12.

*** Please note those who are released from quarantine after day ten need to continue to monitor for and report symptoms through day 14.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Scenario 3: Close contact with the Index case that you live with and can avoid further contact should follow Scenario 1 dates.

EX. If a contact lives with an Index case (family member, spouse, child, roommate, etc.) and Index case can be isolated by staying in a separate bedroom. Close contact will not have further contact with the isolated Index case. (☐= Quarantine Date, Green box= Day 1 of Quarantine, Red box =last day of Quarantine)

***Please note those who are released from quarantine after day ten need to continue to monitor for and report symptoms through day 14.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Scenario 4: Close contact who is currently in quarantine and is re-exposed to a second Index

case should restart their quarantine from the date of re-exposure.

EX. Initial date of quarantine is 7/1, contact is re-exposed to Index case on 7/5; Day 0 of quarantine changes to 7/5, last day of quarantine changes from 7/11 to 7/15 with release date changing from 7/12 to 7/16. (☐= New Extended Quarantine Dates, Green box= Day 1 of Quarantine, Red box =last day of Quarantine)

***Please note those who are released from quarantine after day ten need to continue to monitor for and report symptoms through day 14.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

***Contact with an individual who is a contact of a COVID-19 individual: No restrictions.**

Scenario 5: Contact to Index case is quarantined: Contact to a quarantined individual has no restrictions, as there was no contact to an Index case.

Updated January 2021

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

<https://www.media.pa.gov/pages/health-details.aspx?newsid=1176>