

Go online to:

<https://www.cdc.gov/coronavirus>

for further information.

New Quarantine and Isolation Calculator

CDC's new [COVID-19 Quarantine and Isolation calculator](#) takes the stress out of deciding when, and for how long, people with COVID-19 and [close contacts](#) need to stay home, get tested, and wear a well-fitting mask.

The calculator provides important information about what precautions people with COVID-19 and their close contacts can take to protect loved ones and prevent COVID-19 in their communities.

This online, mobile-friendly calculator provides a simple, easy-to-use way to help people follow CDC's [Quarantine and Isolation](#) guidance and get customized information that applies to their unique situation.

Go online to:

<https://www.cdc.gov/coronavirus>

for further information.

When to Self-Test for COVID-19

Self-tests for COVID-19 give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms.

When To Take an At-Home COVID-19 Test:

- Test immediately if you have any [COVID-19 symptoms](#)
- Test at least 5 days after you were exposed to someone with COVID-19. If you test negative for COVID-19, consider testing again 1 to 2 days after your first test
- Test before you go to an indoor event or a gathering. This is especially important before gathering with [individuals at risk of severe disease](#), [older adults](#), those who are [immunocompromised](#), or people who are not [up to date on their COVID-19 vaccines](#), including children who cannot get vaccinated yet

Order free tests at [COVIDtests.gov](https://www.covidtests.gov).

Free tests are also available through [local health departments](#).