Quarantine if you have been in close contact with someone with COVID-19. Close contact means you’ve been within 6 feet of someone with COVID-19 for a total of 15 minutes or more in a 24-hour period.

RIDOH recommends all close contacts of people with COVID-19 get tested on day 5 of quarantine or later.

**If you get symptoms of COVID-19,** isolate at home, call your healthcare provider, and get a COVID-19 test.

Learn more at [covid.ri.gov/whattodo](https://covid.ri.gov/whattodo)

The CDC continues to endorse 14-day quarantine as the safest protocol but has released new data and information to allow local public health officials to modify policies based on local conditions and needs. Learn more at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)