

How to calculate how long to quarantine, monitor health, and take precautions

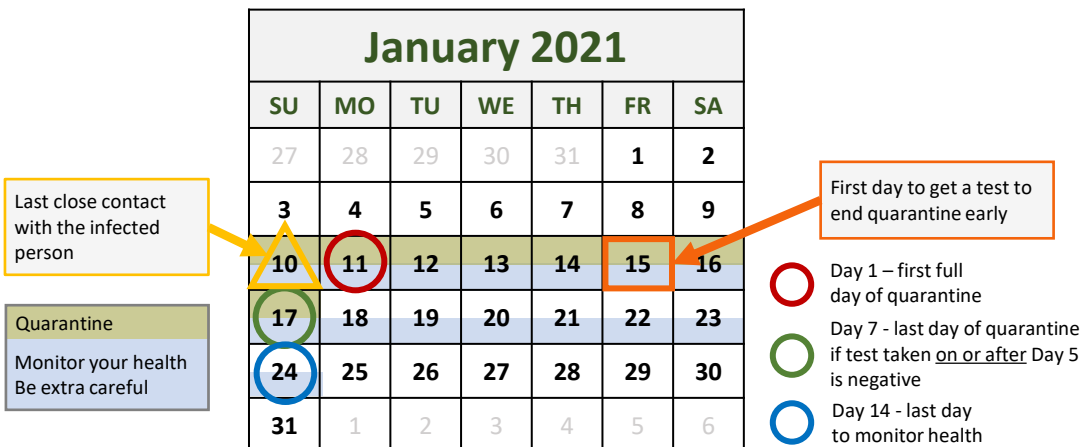
For more details, including how to monitor your health and be extra careful, see the instructions for close contacts at ph.lacounty.gov/covidquarantine.

How to calculate a 10-day quarantine



How to calculate a 7-day quarantine

(for people who tested negative on or after Day 5)



How to calculate the 14-day monitoring period

