

June-July 2022 5-Day Quarantine Calculator

Day of Last Exposure to COVID-19 (Last Date of Close Contact w/ the COVID-19 Case)	Recommended Day to Get Tested (PCR Test is Preferred)	Last Day of Quarantine at Home*	May Return to School** Should Mask & Monitor for Symptoms Until Day 11	May Resume Activities that Masks Cannot be Worn for (e.g., swimming, wind instruments, chorus)
Day 0	Day 5	Day 5	Day 6	Day 11
6/1	6/6	6/6	6/7	6/12
6/2	6/7	6/7	6/8	6/13
6/3	6/8	6/8	6/9	6/14
6/4	6/9	6/9	6/10	6/15
6/5	6/10	6/10	6/11	6/16
6/6	6/11	6/11	6/12	6/17
6/7	6/12	6/12	6/13	6/18
6/8	6/13	6/13	6/14	6/19
6/9	6/14	6/14	6/15	6/20
6/10	6/15	6/15	6/16	6/21
6/11	6/16	6/16	6/17	6/22
6/12	6/17	6/17	6/18	6/23
6/13	6/18	6/18	6/19	6/24
6/14	6/19	6/19	6/20	6/25
6/15	6/20	6/20	6/21	6/26
6/16	6/21	6/21	6/22	6/27
6/17	6/22	6/22	6/23	6/28
6/18	6/23	6/23	6/24	6/29
6/19	6/24	6/24	6/25	6/30
6/20	6/25	6/25	6/26	7/1
6/21	6/26	6/26	6/27	7/2
6/22	6/27	6/27	6/28	7/3
6/23	6/28	6/28	6/29	7/4
6/24	6/29	6/29	6/30	7/5
6/25	6/30	6/30	7/1	7/6
6/26	7/1	7/1	7/2	7/7
6/27	7/2	7/2	7/3	7/8
6/28	7/3	7/3	7/4	7/9
6/29	7/4	7/4	7/5	7/10
6/30	7/5	7/5	7/6	7/11
7/1	7/6	7/6	7/7	7/12
7/2	7/7	7/7	7/8	7/13
7/3	7/8	7/8	7/9	7/14
7/4	7/9	7/9	7/10	7/15
7/5	7/10	7/10	7/11	7/16
7/6	7/11	7/11	7/12	7/17
7/7	7/12	7/12	7/13	7/18
7/8	7/13	7/13	7/14	7/19
7/9	7/14	7/14	7/15	7/20
7/10	7/15	7/15	7/16	7/21
7/11	7/16	7/16	7/17	7/22
7/12	7/17	7/17	7/18	7/23
7/13	7/18	7/18	7/19	7/24
7/14	7/19	7/19	7/20	7/25
7/15	7/20	7/20	7/21	7/26
7/16	7/21	7/21	7/22	7/27
7/17	7/22	7/22	7/23	7/28
7/18	7/23	7/23	7/24	7/29
7/19	7/24	7/24	7/25	7/30
7/20	7/25	7/25	7/26	7/31
7/21	7/26	7/26	7/27	8/1
7/22	7/27	7/27	7/28	8/2
7/23	7/28	7/28	7/29	8/3
7/24	7/29	7/29	7/30	8/4
7/25	7/30	7/30	7/31	8/5
7/26	7/31	7/31	8/1	8/6
7/27	8/1	8/1	8/2	8/7
7/28	8/2	8/2	8/3	8/8
7/29	8/3	8/3	8/4	8/9
7/30	8/4	8/4	8/5	8/10
7/31	8/5	8/5	8/6	8/11

*Individuals who get a COVID-19 test on Day 5 should wait for the results to come back negative before leaving quarantine.

**Students & staff who return on Day 6 should wear a well-fitting mask consistently & correctly through Day 10.

***[Click here for the VDH interactive isolation/quarantine calculator.](#)

June-July 2022 10-Day Quarantine Calculator

Day of Last Exposure to COVID-19 (Last Date of Close Contact w/ the COVID-19 Case)	Recommended Day to Get Tested (PCR Test is Preferred)	Last Day of Quarantine at Home	Return to Normal Activities
Day 0	Day 5	Day 10	Day 11
6/1	6/6	6/11	6/12
6/2	6/7	6/12	6/13
6/3	6/8	6/13	6/14
6/4	6/9	6/14	6/15
6/5	6/10	6/15	6/16
6/6	6/11	6/16	6/17
6/7	6/12	6/17	6/18
6/8	6/13	6/18	6/19
6/9	6/14	6/19	6/20
6/10	6/15	6/20	6/21
6/11	6/16	6/21	6/22
6/12	6/17	6/22	6/23
6/13	6/18	6/23	6/24
6/14	6/19	6/24	6/25
6/15	6/20	6/25	6/26
6/16	6/21	6/26	6/27
6/17	6/22	6/27	6/28
6/18	6/23	6/28	6/29
6/19	6/24	6/29	6/30
6/20	6/25	6/30	7/1
6/21	6/26	7/1	7/2
6/22	6/27	7/2	7/3
6/23	6/28	7/3	7/4
6/24	6/29	7/4	7/5
6/25	6/30	7/5	7/6
6/26	7/1	7/6	7/7
6/27	7/2	7/7	7/8
6/28	7/3	7/8	7/9
6/29	7/4	7/9	7/10
6/30	7/5	7/10	7/11
7/1	7/6	7/11	7/12
7/2	7/7	7/12	7/13
7/3	7/8	7/13	7/14
7/4	7/9	7/14	7/15
7/5	7/10	7/15	7/16
7/6	7/11	7/16	7/17
7/7	7/12	7/17	7/18
7/8	7/13	7/18	7/19
7/9	7/14	7/19	7/20
7/10	7/15	7/20	7/21
7/11	7/16	7/21	7/22
7/12	7/17	7/22	7/23
7/13	7/18	7/23	7/24
7/14	7/19	7/24	7/25
7/15	7/20	7/25	7/26
7/16	7/21	7/26	7/27
7/17	7/22	7/27	7/28
7/18	7/23	7/28	7/29
7/19	7/24	7/29	7/30
7/20	7/25	7/30	7/31
7/21	7/26	7/31	8/1
7/22	7/27	8/1	8/2
7/23	7/28	8/2	8/3
7/24	7/29	8/3	8/4
7/25	7/30	8/4	8/5

7/26	7/31	8/5	8/6
7/27	8/1	8/6	8/7
7/28	8/2	8/7	8/8
7/29	8/3	8/8	8/9
7/30	8/4	8/9	8/10
7/31	8/5	8/10	8/11

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