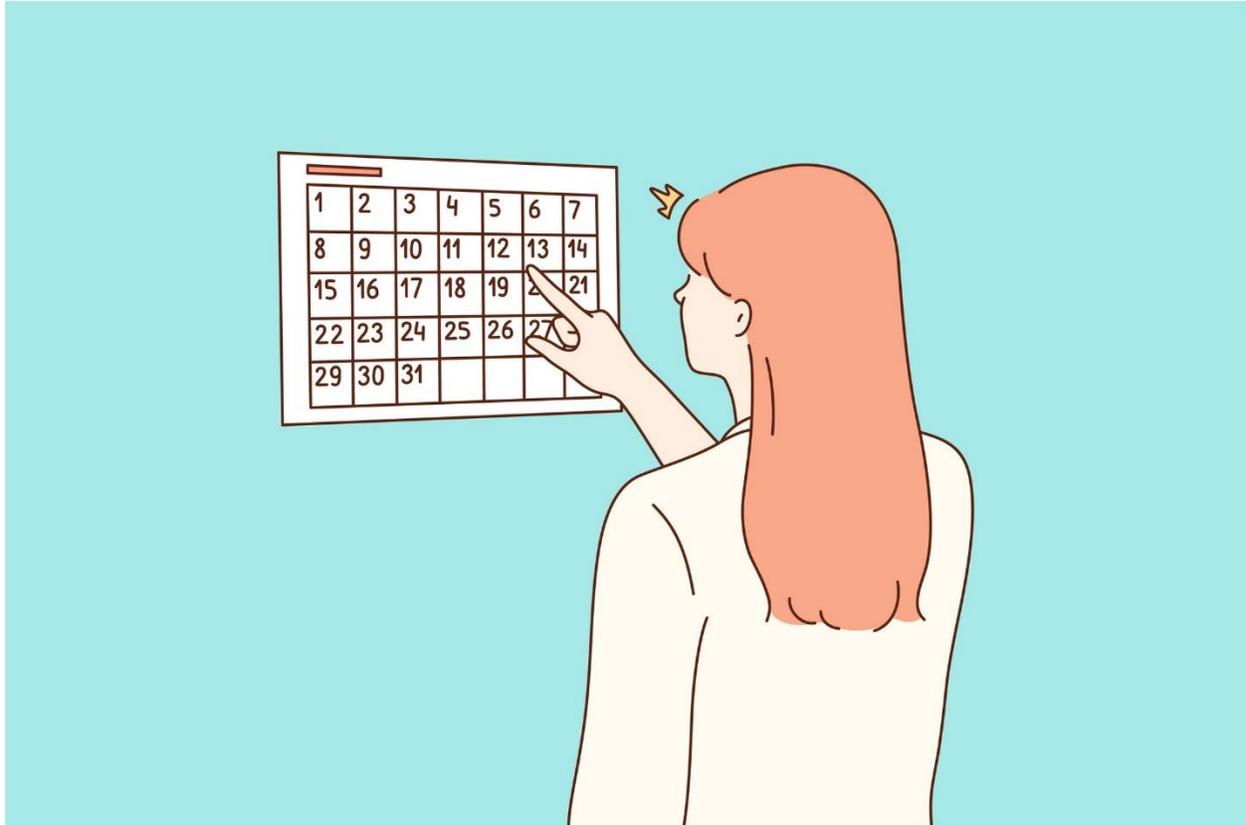


We all want to keep those we care about safe and help stop the spread of COVID-19. One of the best ways we can do that is to make sure that we isolate or quarantine for the recommended amount of time.



If you test positive for COVID-19, do you know how long to isolate yourself to keep others safe from infection? What if you learn you are a close contact of someone who tested positive — do you know how long to quarantine? What date can you point to on your calendar that will signal the end of your isolation or quarantine?

The Washington state Department of Health recently created an Isolation and Quarantine Calculator tool to take the guess work out of it.

Simply visit [www.doh.wa.gov/CovidCalculator](http://www.doh.wa.gov/CovidCalculator) and follow the instructions based on your particular situation.

If you...

- Tested positive for COVID-19 and have symptoms
- Tested positive for COVID-19 but do not have symptoms
- Were exposed to COVID-19 (identified as a close contact)
- Previously tested positive for COVID-19 and want to know when you could be reinfected

...then the calculator can pinpoint the dates your isolation or quarantine will end.

Once you land on the page, simply enter the appropriate dates, and the calculator will show you when you can resume your usual activities. When your time in isolation or quarantine ends, don't forget to continue protecting others. Even though you may have antibodies in your system, it's still important to wash your hands, wear your mask, and watch your distance, to prevent spreading the virus to others.

We hope this tool makes one part of living through COVID-19 a bit easier and less confusing for everyone. The tool is currently available in several languages and more are coming.

More information

Stay tuned to our blog for more information on how you can help stop the spread of COVID-19. [Sign up](#) to be notified whenever we post new articles.

Information in this blog changes rapidly. Check the state's COVID-19 website for up-to-date and reliable info at [coronavirus.wa.gov](https://coronavirus.wa.gov).

Answers to your **questions or concerns about COVID-19** in Washington state may be found at [our website](#). You can also contact the Department of Health call center at **1-800-525-0127** and **press #** from 6 a.m. to 10 p.m. Monday — Friday, and 8 a.m. to 6 p.m. Saturday — Sunday. Language assistance is available.