COVID-19 ISOLATION & QUARANTINE

If you tested positive for (or have symptoms of) COVID-19...

SOLATE



If you were exposed to someone with COVID-19...

QUARANTINE



Isolate from others for 5 days.

- Use a separate bathroom and bedroom, if possible, and avoid common areas at home.
- Stay home and avoid all public areas, except to get medical care.
- Strict mask use* when around others.





YES

YES-

Quarantine and obtain test. Is test for **COVID-19 positive?**

Are you fully vaccinated AND boosted (if eligible)?**

NO-

YES-

NO

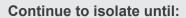
Do you have symptoms?

NO

- Day 0 is the first day of symptoms or positive test date if you have no symptoms.
- On Day 5, are symptoms resolving AND no fever within past 24 hours?



24 HRS



- 10 days from start of symptoms AND
- 24 hours with no fever without the use of fever-reducing medications AND
- Other symptoms are improving

No quarantine needed.

- Strict mask use* when around others for at least 10 days.
- Consider test on day 5.

Quarantine for 5 days.

- Strict mask use* when around others for at least 5 additional days.
- Consider test on day 5.

Seek medical care for symptoms that are severe or concerning, such as:











Persistent Trouble breathing pain or pressure in chest

New confusion

Bluish lips or face

Inability to wake or stav awake



You may end isolation

others but MUST mask

for 5 additional days.

Consider

antigen test

if available.

early and be around

*Strict mask use recommendation: multi-layered, high-quality mask (ideally a medical mask or respirator) that fits snugly against your face any time you may come into contact with someone else. ** Fully vaccinated = two weeks after final vaccine dose. Booster eligibility = 16+ years of age AND 6 months post Pfizer/Moderna series or 2 months after Johnson & Johnson vaccine.

NOTE: These guidelines may not apply to those with severe COVID-19 or weakened immune systems. Please discuss with a medical professional.

Together a healthy community.