

COVID-19 ISOLATION & QUARANTINE

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

ISOLATE




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.



• 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

YES

- You may end isolation early and be around others but **MUST** mask for 5 additional days.
- Consider antigen test if available.




NO

Continue to isolate until:

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

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

QUARANTINE




Do you have symptoms?

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

NO → Are you fully vaccinated AND boosted (if eligible)?**

YES (to test) → **No quarantine needed.**

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



NO (to test) → **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:



- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*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.