

COVID-19 ISOLATION & QUARANTINE

IF YOU TEST POSITIVE FOR COVID (ISOLATION)

Everyone, regardless of vaccination status must follow this

- Stay home for 5 days away from others in your household. The day symptoms start (or date of test collection if no symptoms) is day 0.
- If you have no symptoms or your symptoms are almost gone after 5 days, you can leave the house but wear a mask for 5 more days.
- If you have a fever, continue to stay home until fever-free for 24 hours.
- If you are moderately ill (experiencing symptoms that affect the lungs like shortness of breath or difficulty breathing) isolate for 10 days.

IF EXPOSED TO SOMEONE WITH COVID (QUARANTINE)

If you are up-to-date* on COVID vaccines or have tested positive for COVID-19 in the past 90 days

- You do not need to quarantine if you do not have symptoms
- Wear a mask when around others for 10 days
- Get tested at day 5 after your last contact with someone who tested positive for COVID
- If you develop symptoms, get tested and stay home (isolate)

If you are NOT up-to-date* on COVID vaccines or are unvaccinated

- Stay home for 5 days away from others; if unable to stay away from positive case in household you should quarantine for 5 additional days
- Wear a mask for an additional 5 days once out of quarantine
- Get tested at day 5 after your last contact with someone who tested positive for COVID
- If you develop symptoms, get tested and stay home (isolate)

PLEASE NOTE: Any child <2 years or anyone who cannot wear a mask should quarantine for 10 days following last contact with a positive case. If there is ongoing household contact with a positive case, they would quarantine for the 5 days of the positive case's isolation period plus 10 days

*<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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