

## Isolation and Quarantine Guidelines

**Symptoms of COVID:** fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

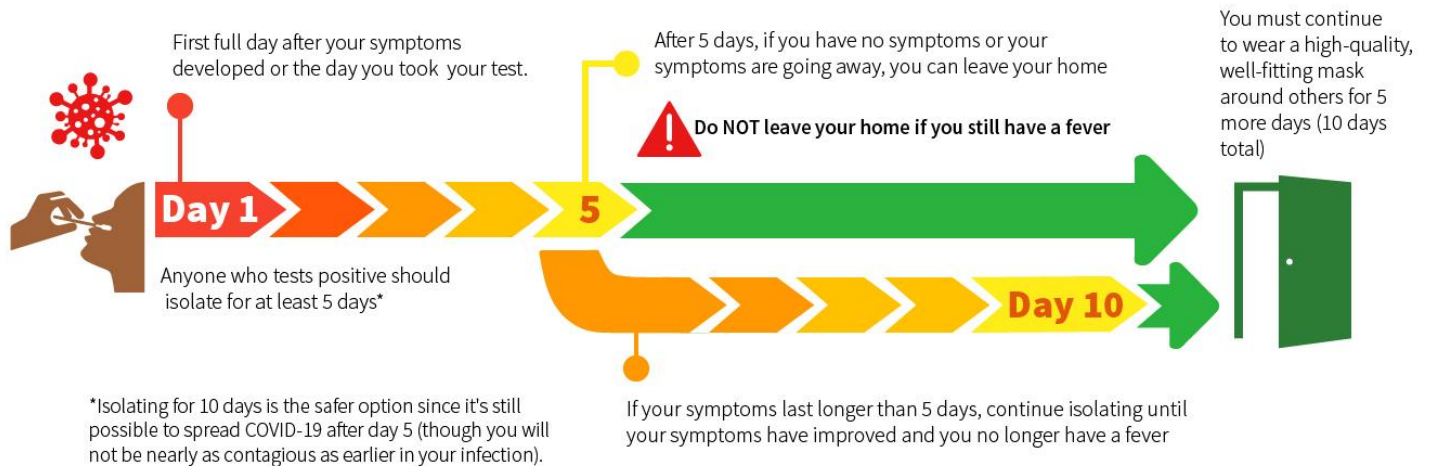
### **I was in close contact with someone with COVID - 19**

- ✓ Wear a high-quality mask for 10 days and get tested on day 5. It's important to test on day 5 if possible.
- ✓ Isolate from others if you are sick and suspect that you have COVID-19 but do not yet have test results.
- ✓ If you test negative you do not need to isolate and can leave your home.
- ✓ If you test positive for COVID-19, whether you are up-to-date-on your vaccines or not, you should isolate from others and follow the CDC isolation guidance.
- ✓ Wear a high-quality, well-fitting mask around others for 10 days after the exposure, distance from others, avoid crowded places and stay away from people at high risk for COVID-19.

### **I tested positive for COVID – 19, or I have symptoms after I was exposed:**

- ✓ Whether you are up-to-date-on your vaccines or not, anyone who tests positive should isolate from others in their home for at least 5 days. Day 1 is the first full day after your symptoms developed or the day you got your test. Isolating for 10 days is the safer option since it's still possible to spread COVID-19 after day 5 (though you will not be nearly as contagious as earlier in your infection).
- ✓ After 5 days, if you are fever-free for 24 hours without the use of medication, and have no symptoms or your symptoms are going away, or if you never had symptoms, you can leave your home. Do NOT leave your home if you still have a fever. You must continue to wear a high-quality, well-fitting mask around others for 5 more days (for a total of 10 days.) When you end isolation, you should still avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
- ✓ Optional: If you have access to a test and want to test as an extra safeguard, you should test towards the end of the 5-day isolation period using a rapid antigen test if possible. If your test is positive, you should continue to isolate for another 5 days (for a total of 10). If your test result is negative, you may return to work and should continue to wear a well-fitting mask around others.
- ✓ If your symptoms last longer than 5 days, continue isolating until your symptoms have improved and you no longer have a fever.
- ✓ If you had moderate (shortness of breath or difficulty breathing) or severe illness (you were hospitalized), isolate through day 10. If you have severe illness or a weakened immune system, consult your doctor before ending isolation.

# I tested positive for COVID-19 or I have symptoms after I was exposed



## After 5 days:

- If you are fever-free for 24 hours without the use of medication, and have no symptoms or your symptoms are going away, or if you never had symptoms, you can leave your home.
- Do NOT leave your home if you still have a fever.
- You must continue to wear a high-quality, well-fitting mask around others for 5 more days (for a total of 10 days.)
- When you end isolation, you should still avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.

## I tested positive while isolating:

- ✓ If you test positive while isolating, you will need to start a new isolation period:
- ✓ Isolate for 5 days. (Day 1 is the first full day after your symptoms developed or the day you got your test.)
- ✓ After 5 days, if you have no symptoms or your symptoms are going away, you can leave your home. Do NOT leave your home if you still have a fever. Continue to wear a high-quality, well-fitting mask around others for 5 more days (for a total of 10 days).
- ✓ After you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.