



QUARANTINE AND ISOLATION GUIDELINES

How to calculate your Quarantine period:



- The date of exposure is **day 0**.
- The first full day post last contact with a positive COVID-19 person is **day 1**.
- **Stay at home and away from other people for at least 5 days.**

Can be more if you are still experiencing symptoms.



Exposed to COVID-19 and NOT up-to-date on COVID-19 vaccinations:

Quarantine for at least 5 days	After Quarantine	TAKE PRECAUTIONS UNTIL DAY 10
Stay at home and at least Quarantine for 5 full days	Watch for symptoms until 10 days after you last had contact with someone with COVID-19	Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
Wear a well-fitted mask if you must be around others in your home	It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19	Avoid being around people who are at high risk
Get tested even if you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19	If you develop symptoms - Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	If you must travel during days 6-10, take precautions.

DO NOT TRAVEL!

Exposed to COVID-19 and are up-to-date on COVID-19 vaccinations:

No Quarantine	Watch for symptoms	TAKE PRECAUTIONS UNTIL DAY 10
You do not need to stay home unless you develop symptoms	Watch for symptoms until 10 days after you last had contact with someone with COVID-19	Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
Get tested even if you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19	If you develop symptoms - Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	Avoid being around people who are at high risk Take precautions if travelling





How to calculate your Isolation period:

- **Day 0** your first day of symptoms or a positive viral test.
- **Day 1** is the first full day after your symptoms developed.
- Have COVID-19 or have symptoms, **isolate for at least 5 days.**

Exposed to COVID-19 and positive COVID-19 test within the past 90 days

Can be more if you are still experiencing symptoms.

No Quarantine	Watch for symptoms	TAKE PRECAUTIONS UNTIL DAY 10
You do not need to stay home unless you develop symptoms	Watch for symptoms until 10 days after you last had contact with someone with COVID-19	Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
	If you develop symptoms - Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	Avoid being around people who are at high risk Take precautions if travelling

Tested positive for COVID-19 or have symptoms, regardless of vaccination status:

Stay at home for at least 5 days	Ending isolation if you had symptoms	Ending isolation if you did not have symptoms	TAKE PRECAUTIONS UNTIL DAY 10
Stay at home for atleast 5 days and isolate from others at your home Wear a well-fitted mask if you must be around others at your home DO NOT TRAVEL!	End isolation after 5 full days if you are fever free for 24 hours (without the use of fever reducing medication) and your symptoms are improving	End isolation after at least 5 full days after your positive test If you were severely ill with COVID-19 or are immunocompromised You should isolate for at least 10 days. Consult your doctor before ending isolation	Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Do NOT travel until a full 10 days after your symptoms started or the date your positive was taken if you had no symptoms Avoid being around people who are at high risk

Tested positive for COVID-19 or have symptoms, regardless of vaccination status: Extended Circumstances for Covid-19 Quarantine

- **High Risk Congregate Settings** (examples correctional and detention settings, homeless shelters)
- **Ten-day quarantine isolation and quarantines are recommended (same applies for employees).**
- **In cases of short staffing please alert your local health departments about the context of your outbreak and facility.**
- **Households**
- **When isolating with other members of your household: isolate for the first 5 full days in a separate area of the home and wear a mask for 5 days.**
- **Those who cannot wear a mask (such as children)- isolate for ten days.**

