How to calculate your Quarantine period:
- The date of your exposure is considered day 0.
- Day 1 is the first full day after your last contact with a person who has had COVID-19.
- Stay home and away from other people for at least 5 days.

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

No quarantine
You do not need to stay home unless you develop symptoms.

Get tested
Even if you don’t develop symptoms, get tested at least 5 days after your last 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-fitting mask around others.

Take precautions until day 10
Wear a well-fitting mask. Wear a well-fitting 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 well-fitting mask.

Take precautions if traveling
Avoid being around people who are more likely to get very sick from COVID-19.

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

Quarantine for at least 5 days
Stay home and quarantine for at least 5 full days.

Wear a well-fitting mask if you must be around others in your home.

Avoid travel
It is best to avoid travel until a full 10 days after your last close contact with someone with COVID-19.

After quarantine
Watch for symptoms. Wear a well-fitting 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 well-fitting mask.

Take precautions until day 10
Wear a well-fitting mask. Wear a well-fitting 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 well-fitting mask.

Avoid being around people who are more likely to get very sick from COVID-19.

How to calculate your Isolation period:
- The date of your exposure is considered day 0.
- Day 1 is the first full day after your last contact with a person who has had COVID-19.
- Stay home and away from other people for at least 5 days.

Take precautions until day 10
Wear a well-fitting mask. Wear a well-fitting 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

Stay at home for at least 5 days
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.

DO NOT TRAVEL!