



QUICK GUIDE TO QUARANTINE AND ISOLATION

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

Exposed to COVID-19 and are NOT 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 you last had [close contact](#) with someone with COVID-19.

Watch for symptoms

Watch for [symptoms](#) until 10 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-fitting mask](#) around others.

Take precautions until day 10

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.

Quarantine for at least 5 days

Stay home

Stay home and [quarantine](#) for at least 5 full days.

Wear a [well-fitting mask](#) if you must be around others in your home.

Do not travel.

Get tested

Even if you don't develop symptoms, [get tested](#) at least 5 days after you last had [close contact](#) with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for [symptoms](#) until 10 days after you last had close contact with someone with COVID-19.

Avoid travel

It is best to [avoid travel](#) until a full 10 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-fitting mask](#) around others.

Take precautions until day 10

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.

If you must travel during days 6-10, [take precautions](#).

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.

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 at least 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

