

COVID-19 Isolation & Quarantine Guidelines

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION)

Everyone, regardless of vaccination status must:

- **Isolate for 5 days, whether you have symptoms or not.** The 5 day clock starts the day your symptoms developed or your test date if you do not have symptoms (symptom onset date/test date is day 0).
- After 5 days, if symptoms are resolving and you are fever free for at least 24 hours, you can return to normal activities but **must continue to wear a mask in all settings** (home/in public) for another 5 days.
- If your symptoms have not improved after the 5 days, continue to isolate until you feel better.

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE)

If you completed the primary series of Pfizer or Moderna vaccine over 5 months ago and have not received your booster

vaccine

OR

Completed the primary series of Johnson & Johnson over 2 months ago and have not received your booster vaccine

OR

Are unvaccinated

- Stay home and quarantine for 5 days. The 5 day clock starts the last day you were exposed to the virus (last day of exposure is day 0).
- After day 5, **continue to wear a mask in all settings** (home/in public) for 5 additional days.
- Test on day 5 if possible.
- If you develop symptoms, get a test and stay home.

If you received your booster vaccine

OR

You completed the primary series of Pfizer or Moderna vaccine within the last 5 months

OR

You completed the primary series of Johnson & Johnson vaccine within the past 2 months

- You can skip quarantine **if a mask is worn in all settings** (home/in public) for at least 10 days.
- Test on day 5 if possible.
- If you develop symptoms, get a test and stay home.

AT HOME COVID-19 TESTS

If you take an at home (over the counter) test and it comes back positive

- Isolate for 5 days. The 5 days clocks starts the day your symptoms developed or your test date if you do not have symptoms (symptom onset date/test date is day 0). You do not need to schedule another test at a testing site to confirm the results.

If you were exposed to someone with COVID-19.

- Follow the quarantine guidance based on your vaccination status listed above.
- Take an at-home COVID test 5 days from your last day you were exposed (last day of exposure is day 0)

STAY HOME WHEN SICK

If you have symptoms but you are not able to get a COVID-19 test, or your COVID-19 test comes back negative

- If you cannot get a COVID-19 test but are experiencing symptoms, assume it is COVID-19 and stay home for the 5 day isolation period (Symptom onset date is day 0)
- If your COVID-19 test comes back negative but you are still experiencing symptoms, stay home until you are fever free and your symptoms have improved. Even if it is not COVID-19 you are sick with, staying home helps prevent the spread of other respiratory illnesses.