

If you've tested positive for COVID-19:

- **If you have symptoms**, you must isolate* for a minimum of 10 days from the onset of symptoms and can end your isolation once you are fever-free for 24 hours with improvement in your symptoms (without the use of Tylenol, Motrin, etc).
- **If you do not have symptoms**, you must isolate for 10 days from the date you were tested.

Isolation Procedures:

- **STAY HOME EXCEPT TO RECEIVE MEDICAL CARE**
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people

**Isolation means to separate from people who are not sick.*



If you've been exposed to COVID-19 and have no symptoms:

Close Contact

(single exposure)

You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more OR you had direct physical contact with the person

You can either:

- Quarantine for **14** days without getting tested per CDC guidelines
- **OR**
- Quarantine for **10** days without getting tested as an alternative option
- **OR**
- Quarantine and get tested after day **5**. Your quarantine can end after day **7** if you test negative after day **5**.

***Continue to self-monitor for symptoms and wear a face mask through Day 14.** Mask wearing is especially important after exposure, but should continue beyond the quarantine period.

Household Member

(ongoing, repeated exposure)

You live in the same household as someone who has COVID-19

You can either:

- Quarantine for **24** days without getting tested per CDC guidelines
- **OR**
- Quarantine for **20** days without getting tested as an alternative option
- **OR**
- Quarantine and get tested after day **15**. Your quarantine can end after day **17** if you test negative after day **15**.

***Continue to self-monitor for symptoms and wear a face mask through Day 24.** Mask wearing is especially important after exposure, but should continue beyond the quarantine period.

If you develop symptoms after an exposure to COVID-19, you are considered a positive case and should begin isolation and consider getting tested.