



COVID-19 Guidelines What To Do:



If You Test Positive

Everyone Regardless of Vaccination or Booster Status

- **Isolate for 5 days.**
- If after 5 days you have no symptoms or your symptoms are resolving, you can leave your house.
- If you have a fever, continue to isolate until your fever resolves.
- Continue to wear a mask around others for 5 additional days.

If You Were Exposed to Someone with COVID-19

AND

- Have been boosted.
- Completed the Pfizer or Moderna vaccine series within the 6 months.
- Completed the J&J vaccine series within the last 2 months.



THEN YOU SHOULD:

- Wear a mask around others for 10 days.
- Test on Day 5 (from the day you were exposed).
- Get a test and stay home if you develop symptoms.

BUT

- Are not vaccinated.
- Completed the Pfizer or Moderna vaccine series more than 6 months ago and are not boosted.
- Completed the J&J vaccine series more than 2 months ago and are not boosted.



THEN YOU SHOULD:

- **Quarantine for 5 days.** After that, wear a mask around others for 5 more days (10 days total).
- If you cannot quarantine, you must wear a mask around others for 10 days.
- Test on Day 5 (from the day you were exposed).
- Get a test and stay home if you develop symptoms.





COVID-19 Quarantine vs. Isolation



Quarantine

What is Quarantine?

- Quarantine is a strategy to prevent the transmission of COVID-19.
- Quarantine means you STAY HOME and watch for fever and other symptoms.

You Should Quarantine If:

- You have been exposed to COVID-19.

Isolation

What is Isolation?

- Isolation is a strategy used to separate people who have tested positive for COVID-19 from those that have not tested positive.
- Isolation means you STAY HOME and separate from others in your home (if you can). This means:
 - Stay in a separate room.
 - Use a separate bathroom, if possible.
 - Avoid contact with other household members and pets.
 - DO NOT share any personal items (cups, towels, utensils, etc).
 - Always wear a mask when around others.

You Should Isolate If:

- You have tested positive for COVID-19.