If You Were Exposed to Someone with COVID-19

**COVID-19 Guidelines**

**What To Do:**

**If You Test Positive**

**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.

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Voice of Rhode Island's Lodging, Restaurant, and Tourism Industry.

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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.

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