

Isolation and Exposure Guidelines

ISOLATE if you test positive for COVID-19 (or if you have symptoms of COVID-19 and are unable to get tested)

5-DAY ISOLATION:

- Stay home and away from others for a minimum of 5 days after your symptoms started. (*Day 0 = date symptoms started*).
- If you never had symptoms, stay home and away from others for a minimum of 5 days from the date you were tested. (*Day 0 = date specimen was collected*).
- If symptoms develop after the date you were tested, the date symptoms started becomes your new Day 0.
- **Wear a well-fitting mask around others through Day 10.**
- If all of your symptoms are improving and you have not had a fever for at least 24 hours without the use of fever-reducing medication, or, if you never had symptoms, you may leave your home on Day 6. (*You may test on Day 6 or later if these criteria are met.**)
- Avoid travel and being around people who are at high risk through Day 10.

**Two consecutive negative tests, on Day 6 or later (if the criteria above are met) and 48 hours after the first negative test result, may be used to discontinue masking before Day 10.*

10-DAY ISOLATION:

- If you are unable to wear a mask consistently, isolate at home for a minimum of 10 days.
- If you are moderately or severely ill with COVID-19 (*such as shortness of breath or pain with breathing*), isolate at home for a minimum of 10 days. Consult your doctor before ending isolation.

If you were **EXPOSED** to someone with COVID-19 (and are not in a healthcare or high-risk congregate setting*)

YOU SHOULD:

- **Wear a well-fitting mask around others when indoors in public through Day 10, AND**
- Monitor yourself for symptoms through Day 10, **AND**
- Get tested:
 - If you develop symptoms, isolate yourself immediately and get tested.
 - **Even if you don't develop symptoms, get tested on Day 5 or later, if possible.**
- Avoid travel and being around people who are at high risk through Day 10

**Day 0 = date of exposure*