# COVID-19 Quarantine and Isolation Guidance

### What to do if you HAVE COVID-19:

- Stay home for at least 5 days after symptoms start, or 5 days after a positive test if asymptomatic.
- Stay away from other people as much as possible (including those in your own household).
- If you can't stay away from other people in your household, wear a three-layer (or better) mask.

### What to do if you were EXPOSED to someone who has COVID-19:

#### Are your COVID-19 vaccines up to date* or have you tested positive for COVID-19 in the 90 days before your exposure?

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>
| • Wear a mask around others for 10 days after your last exposure.  
  • Test on day 5.  
  • IF you develop symptoms or test positive, stay home, and follow the chart on the left-hand side of the page. | • Stay home for 5 days after your last exposure. Then, wear a mask around others for the next five days. (Day 1 is the day following your last day of exposure)  
  • Test on day 5.  
  • IF you develop symptoms or test positive, stay home, and follow the flow chart on the left-hand side of the page. |

### Do you have a fever or other symptoms that haven’t started to get better on day 6?

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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</thead>
</table>
| • Stay home until your fever is gone  
  And  
  • Wear a mask around others for the next five days | • Resume activities with a mask  
  And  
  • Wear a mask around others for the next five days |

### If you are having symptoms of COVID-19 and waiting for test results, stay home until you get your results.

*Your COVID-19 vaccine is up to date if:

- You have received all recommended boosters of any COVID-19 vaccine
- You completed the primary series of Pfizer or Moderna vaccine less than 6 months ago
- You completed the primary series of Johnson and Johnson vaccine