

General Public COVID-19 Isolation and Exposure 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. Date of positive test or start of symptoms (whichever comes first) counts as day zero.
- 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.

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

YES

- Stay home until fever free for 24 hours without medication and symptoms have improved

And

- Wear a mask around others for the next five days

NO

- 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.**

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

- **Wear a mask** around others for 10 days after your last exposure. Last date of exposure counts as day zero.
- Test 5 full days after exposure (day 6) (or sooner if you develop symptoms).
- During the 10 days following exposure, if possible, limit contact with household members, people who are immunocompromised or at high risk for severe disease and avoid nursing homes and other high-risk settings.
- IF you develop symptoms or test positive, stay home, and follow the chart on the left-hand side of the page.

PREVENTATIVE ACTIONS

- **Stay up to date with COVID-19 vaccines.**
- **Improve ventilation in your home/business.**
- **Get tested if you have any symptoms.**
- **Seek treatment right away if you are high risk.**
- **Avoid contact with anyone you know that is ill.**
- **Follow ALL recommendations!**

*Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities.