

ISOLATION AND QUARANTINE GUIDELINES

Date Updated: 08/15/2022

The following guidelines applies to EVERYONE, regardless of vaccination status.

For more information about isolation and quarantine guidelines visit:
www.cdc.gov/covid

If you test positive for COVID-19 (Isolate)

Day 0

Symptom onset, or
date tested if no
symptoms.
Isolation begins.

Days 1-5

Continue to stay
home and away
from others

**People at high risk for
severe illness:
Talk to you provider
about treatment**

Days 6-10

Wear a mask around others
IF you have no symptoms or
you are fever-free for 24
hours and other symptoms
have improved.

**If you have a fever or
moderate to severe
illness, continue to
stay home until your
fever resolves and
you feel better. Call
your healthcare
provider if your
symptoms come
back.**

If you were exposed to someone with COVID-19 (Quarantine)

Day 0

Last date of
exposure to
positive case.

Days 1-10

Wear a mask around others.

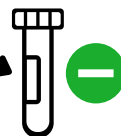
Get tested on Day 6.*

*Those with confirmed COVID in past 30
days do not need to test on day 6.



Test Positive?

Isolate immediate and
follow the guidelines above.



Test Negative?

Continue masking until
Day 10

You can still develop COVID-19
up to 10 days after you have
been exposed.

If you develop symptoms,
get a test and stay home.