

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATE)

If you test positive for COVID-19 on either a rapid antigen or PCR test, you are required to self-isolate – whether you are vaccinated or not. Do not leave your home, except to get medical care. Do not visit public areas. Self-isolation means separating yourself from others to keep your germs from spreading. Regardless of vaccination status, all individuals who test positive should avoid people who are at high risk of severe disease for 10 days.

If you can wear a mask: Stay home and isolate for at least the first 5 days

- If you never had symptoms or symptoms are improving,* may resume most usual activities (except those that do not allow mask wearing) on day 6**
- Wear a mask around others for 10 days (including in the household)

If you cannot wear a mask: Stay home and isolate for 10 days

- If you never had symptoms or symptoms are improving,* you may resume usual activities on day 11
- Wear a mask around others in the household for 10 days

Note: If you have or develop symptoms, you must continue to stay home, potentially beyond the 5 or 10 days, until you have not had a fever for 24-hours without the use of fever reducing medicine and your other symptoms are improving.

** Testing during isolation is not required. If you test on day 5 and are positive, you must continue to isolate. You may choose to retest sometime between days 6-9 and can resume normal activities while wearing a mask when you test negative or isolate for the full 10 days without retesting.

***Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition

Days to Isolate

- **Day 0**, first day of symptoms OR day the positive test was taken, whichever is earlier
- **Days 1-4**, continue to isolate
- **Day 5**, last day of Isolation if asymptomatic or symptoms are improving
- **Day 6**, leave isolation (if you are able to wear a mask at all times when around other people, including in your household, through day 10).

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE)

If you are a close contact of someone with COVID, follow the quarantine recommendations below based on your vaccination status and your ability to wear a well-fitting mask consistently and correctly. Regardless of vaccination status, if you were infected with COVID-19 in the prior 90 days you should follow the guidance for those up-to-date on vaccinations; however, testing is not recommended unless you have symptoms, and if you do have symptoms, a rapid antigen test is recommended. All close contacts should avoid people who are at high risk of severe disease for 10 days.

If you can wear a mask: No quarantine requirement

- Wear a mask around others for 10 days (including in the household).
- Rapid antigen or PCR on day 5. If positive test, follow Isolation Guidance.
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

If you cannot wear a mask: Quarantine for 10 days after the exposure

- Can end quarantine prior to day 10 if test negative on or after Day 5
- If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

If you are Up-to-date* on COVID-19 Vaccinations and cannot wear a mask

- Quarantine for 10 days after the exposure
- Can end quarantine prior to day 10 if test negative on or after Day 5
- If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

If you are Up-to-date* on COVID-19 Vaccinations and can wear a mask

- Wear a mask during quarantine and for an additional 5 days when around others (including in the household).
- Take a rapid antigen or PCR test on day 5. If positive test, follow Isolation Guidance.
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

Not up-to-date* on COVID-19 Vaccinations **or** Unvaccinated and cannot wear a mask:

- Quarantine for 10 days after the exposure
- Can end quarantine prior to day 10 if test negative on or after Day 5
- If positive test, follow Isolation Guidance. If no test on or after day 5, must quarantine full 10 days.
- Isolate and take a rapid antigen or PCR test anytime symptoms develop. If positive test, follow Isolation Guidance.

Up-to-date on COVID-19 Vaccinations is defined as:

- Completed the primary series of Pfizer, Moderna or J&J vaccine AND a booster dose OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- Completed the primary series of J&J vaccine within the last 2 months

** Whether the individual is unable to consistently wear a mask due to young age or medical or behavioral condition

Days to Quarantine

- **Day 0**, day of Exposure
- **Days 1-4**, continue to quarantine
- **Day 5**, continue to quarantine and get tested if you haven't had symptoms
- **Day 6**, you can leave quarantine but must continue to wear a mask at all times when around other people (including in your household) through day 10
- **Day 10**, last day of quarantine