QUARANTINE For those exposed to a person with symptoms of COVID-19 or COVID-19 diagnosis

Who needs to quarantine?
People who have been in close contact with someone with COVID-19 -- excluding those who have had COVID-19 within the past 3 months

What is close contact?
- You were within 6 feet of someone who has COVID-19 for a cumulative 15 minutes in one day
- You were in an enclosed space with a person who has tested positive or has symptoms for a prolonged period of time (e.g. church service, movie theater, etc.)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

What should you do?
- **Stay home for 10 days following your exposure**
- Avoid all contact with others unless seeking medical care
- **Maintain physical distance** of at least 6 feet from others
- **Wear a mask** around others
- **Take your temperature two times daily:**
  - Must be at least 30 minutes after eating, drinking, or exercising
  - Wait 6 hours after taking fever-reducing medications
  - Clean thermometer with soap and water after each use
- **Monitor yourself for symptoms for 14 days, get tested if you begin experiencing:**
  - Any **ONE** of the following symptoms:
    - Fever (Temp. > 100.4°F)
    - New or worsening cough
    - New loss of taste or smell
    - Shortness of breath
  - OR-
  - Any **TWO** of the following symptoms:
    - Chills/sweating
    - Sore throat
    - Muscle pain/body aches
    - New onset of severe headache
    - Diarrhea, vomiting, abdominal pain
    - Congestion or runny nose
- During days 11-14 following your exposure, wear a mask around others, including those within your household
- Consider getting tested during your quarantine period, whether or not you have symptoms:
  - Wait 3 - 5 days after your initial exposure before getting tested to avoid a false negative result
- **You must remain in quarantine for the full 10 days, despite getting tested**
- If you receive a positive test, you should now isolate (follow isolation guidance on next page)
ISOLATION For those with symptoms of COVID-19 or those with a positive diagnostic COVID-19 test

Who needs to isolate?
People who have symptoms of COVID-19 or have tested positive for COVID-19 that are not sick enough to require hospitalization

What symptoms should you look for?
- **Any ONE** of the following:
  - Fever (Temp. > 100.4°F)
  - New or worsening cough
  - New loss of taste or smell
  - Shortness of breath
- **Any TWO** of the following:
  - Chills/sweating
  - Sore throat
  - Muscle pain/body aches
  - New onset of severe headache
  - Diarrhea, vomiting, abdominal pain
  - Congestion or runny nose

What should you do?
- **Stay home and away from others** - except to seek necessary or emergency medical care
- **Monitor your symptoms** - seek emergency care immediately if you are experiencing emergency warning signs
- **Stay in a separate room** from other household members and use a separate bathroom, if possible
- **Avoid contact with other members of the household and pets**
- **Do not share personal household items** (towels, cups, utensils, etc.)
- **Wear a mask** when around other people, including other members of your household

If you develop emergency warning signs for COVID-19, get medical attention immediately. These signs may include*:
- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

* Consult a healthcare provider about any other symptoms that are concerning or severe.

If your symptoms progress, contact a healthcare provider. IF AN EMERGENCY, CALL 911.

DO NOT discontinue isolation until:
- **At least 10 days** have passed since your symptoms first appeared or you received your positive test results, **AND**
- **At least 24 hours** have passed without fever, without the use of fever-reducing medications (Tylenol, Motrin, etc.), **AND**
- Your **symptoms** have improved