

# COVID-19 ISOLATION AND QUARANTINE GUIDANCE

## IF YOU TEST POSITIVE FOR COVID-19 REGARDLESS OF VACCINATION STATUS

### Isolate at home for 5 days

As much as possible:

- Stay in a specific room away from other people and pets in the home
- Use a separate bathroom
- Wear a mask around other people in the home

### After 5 Days

IF YOU ARE NOT EXPERIENCING SYMPTOMS  
OR  
SYMPTOMS ARE RESOLVING  
AND  
YOU ARE FEVER FREE FOR 24 HOURS  
→

You may leave your house

- Must wear a mask while around others during Days 6 through 10

## IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19

Monitor for symptoms. Get tested immediately if you become symptomatic. Isolate until you receive test results.

### SCENARIO 1

If you are:

- Not Vaccinated

### THEN

- Quarantine for 5 days\*
- Must wear a mask when around others for 5 additional days\*\*
- Should test on Day 5 after exposure

If test is positive, follow the recommendations for individuals who test positive

### SCENARIO 2

If you:

- Completed the Pfizer or Moderna vaccine within the last 6 months
- OR
- Completed the Johnson & Johnson vaccine within the last 2 months
- OR
- Tested positive for COVID-19 within the last 3 months

### THEN

- No need to quarantine
- Must wear a mask when around others for 10 days \*\*
- Should test on Day 5 after exposure

If test is positive, follow the recommendations for individuals who test positive

### SCENARIO 3 (applies to age 18+)

If you:

- Completed the Pfizer or Moderna vaccine more than 6 months ago
- OR
- Completed the Johnson & Johnson vaccine more than 2 months ago
- AND
- Not Boosted

### THEN

- Quarantine for 5 days\*
- Must wear a mask when around others for 5 additional days\*\*
- Should test on Day 5 after exposure

If test is positive, follow the recommendations for individuals who test positive

### SCENARIO 4 (applies to age 18+)

If you:

- Completed the Pfizer or Moderna vaccine more than 6 months ago
- OR
- Completed the Johnson & Johnson vaccine more than 2 months ago
- AND
- Received a booster vaccination more than 2 weeks prior to exposure

### THEN

- No need to quarantine
- Must wear a mask when around others for 10 days\*\*
- Should test on Day 5 after exposure

If test is positive, follow the recommendations for individuals who test positive

\* If you are absolutely unable to quarantine, you must wear a mask when around others for 10 days.

\*\* If you are unable to wear a well-fitting mask, you must quarantine for 10 days.