

COVID-19 QUARANTINE GUIDELINES

COUNTING YOUR DAYS: For those who test positive, day 0 is the first day you have symptoms. For those who are exposed, day 0 is the first day after your exposure.

If you test positive for COVID-19

Vaccination Status

Next Steps

ALL vaccine statuses (vaccinated, boosted, not boosted, or not vaccinated)

Total window of contagion is 10 days:

- Day 0 through day 5: Isolate at home.
- Day 6 through day 10: If you have no symptoms or they are resolving, you can leave isolation while wearing a mask, including around family members. This allows you to go to work, get groceries, pick up medications, etc. This does NOT permit you to go to restaurants, the gym, social functions.

If you are exposed to COVID-19

Vaccination Status

Next Steps

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| <ul style="list-style-type: none">• Have been boosted• Had 2 doses of Pfizer or Moderna vaccine within the last 6 months• Had one dose of Johnson & Johnson vaccine within the last 2 months | <ul style="list-style-type: none">• Wear a mask around others for 10 days.• Test on day 5, if possible.• If you develop symptoms get a test and stay home. |
| <ul style="list-style-type: none">• Had 2 doses of Pfizer or Moderna vaccine over 6 months ago and are not boosted• Had one dose of Johnson & Johnson vaccine over 2 months ago and are not boosted• Are unvaccinated | <ul style="list-style-type: none">• Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days. Refer to specifics above.• If you can't quarantine, you must wear a mask around everyone for 10 days.• Test on day 5, if possible.• If you develop symptoms, get a test and stay home. |

