

Understanding Quarantine and Isolation

February 4, 2022 ENGLISH

If you were exposed to someone with COVID-19. **QUARANTINE**

Exposed means spending at least 15 minutes or more within 6 feet of someone over the course of a day, with or without a mask.

If you develop symptoms at any time, stay home and get tested if possible. If you can't get tested, assume you are contagious. Follow isolation guidelines.

IF YOU

Are up-to-date on vaccines

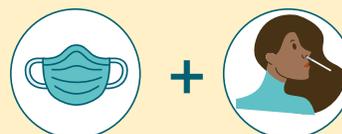
You have had all vaccine doses (including boosters) that you are eligible for - see other side.

Are not up-to-date on vaccines

You have **not** had all vaccine doses (including boosters) that you are eligible for - see other side.

Had a positive COVID-19 test in the last 90 days and have recovered, with no current symptoms

WHAT TO DO



No home quarantine is required.

1. Wear a well-fitting mask around others for 10 days after exposure.
2. Get tested around day 5, if possible.



Quarantine.

1. Stay home for 5 days after exposure.
2. After that, continue to wear a well-fitting mask for 5 more days.
3. Get tested on day 5, if possible.



No home quarantine is required.

1. Wear a well-fitting mask around others for 10 days after exposure
2. You do not need to get tested again. Your test result could still be positive from your last infection.

What does “up-to-date” mean?

You have received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

WHO

**18 years
or older**

YOU ARE UP-TO-DATE IF YOU

- ✓ Were vaccinated AND had your booster shot, OR
- ✓ Completed the primary series of Pfizer or Moderna vaccine more than 2 weeks and less than 5 months ago, OR
- ✓ Received the J&J vaccine more than 2 weeks and less than 2 months ago.

5 to 17 years old

- ✓ Completed your primary series (dose 1 & 2) of Pfizer vaccine more than 2 weeks ago.

If you are unvaccinated, are only partially vaccinated, or if you are eligible for a booster but haven't gotten it yet, you are **NOT** up-to-date.

If you are sick or test positive for COVID-19. **ISOLATE**

WHO

Everyone - Vaccinated and unvaccinated

WHAT SHOULD I DO?



1. **Stay home** and away from others for at least 5 days, even if you have no symptoms.
2. After 5 days, you can leave home if you have had no fever for at least 24 hours without fever-reducing medicines and have only mild symptoms that are improving.
3. Continue to carefully mask around others for 5 more days.

Call 911 if you have these severe symptoms:

- Difficulty breathing
- Pain or pressure in the chest or belly
- Unable to drink or keep liquids down
- New confusion or inability to wake up
- Bluish or grayish lips or face

This is general guidance and may not apply to some group living and educational settings. If you have questions about how long you should quarantine, call **866-917-8881**. If you need help staying home, **call 211**.