

# COVID-19 ISOLATION GUIDANCE

This is a simplified guide to the most common situations with COVID-19 isolation.



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General Health District

## If you test positive for COVID-19

### If you have ANY symptom:

Stay home and isolate for 5 days (stay away from other people in your home as much as you can). **Day 1** of your isolation is the day after you start having symptoms. Check with your healthcare provider about **treatment options** including antiviral medications.

### If you have NO symptoms:

Stay home and isolate for 5 days (stay away from other people in your home as much as you can). **Day 1** of your isolation is the day you were tested.

If you start having symptoms during your isolation, restart your isolation. Your new day 1 of isolation would be the day after your symptoms started.

**Symptoms** of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

You are most infectious during the first 5 days. Wear a high-quality mask (N95, KN95, or KF94) if you must be around others at home or when getting medical care. Take steps to get more fresh air in your home. Don't share personal household items like cups, towels, and utensils. Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

## After your 5 days of isolation

### If you had ANY symptom:

End isolation on **day 6** if you are **fever-free** for 24 hours (without the use of medications) and your symptoms are **improving**. Wear a high-quality **mask** when indoors around other people for the **next 5 days**.

If you still have a fever or your other symptoms have not improved, continue to isolate at home until your fever is gone for 24 hours and your other symptoms are getting better.

If you had a moderate illness (if you experienced shortness of breath or had difficulty breathing), or severe illness (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate for 10 days instead of 5 days.

### If you had NO symptoms:

End isolation on **day 6**. Wear a high-quality **mask** when indoors around other people for the **next 5 days**. If you start having symptoms during the next 5 days, restart your isolation. Your new day 1 of isolation would be the day after your symptoms started.

If you have access to antigen tests, consider using them after your 5 days of isolation to help you decide if you could still make other people sick. Following your 5 days of isolation, if you test negative on two antigen tests spaced 48 hours apart, you may stop wearing a mask. If your antigen test results are positive, you may still make other people sick - continue wearing a mask for the full 5 days after your 5-day isolation ends or until you get two negative tests spaced 48 hours apart.



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# COVID-19 EXPOSURE GUIDANCE

This is a simplified guide to the most common situations with COVID-19 exposure.

## If you are exposed to someone with COVID-19

### Wear a mask

Wear a mask around other people when you are indoors for the next **10 days**.

Wear a mask regardless of your vaccination status.

Select a high-quality mask (N95, KN95, KF94, or 3-layer surgical mask)

Day 1 is the first day after your last exposure to the person who has COVID-19.

Stay away from people who are more likely to get very sick from COVID-19 (those who are older or immunocompromised) if possible.

Monitor yourself for symptoms of COVID-19. If you develop symptoms, follow the isolation guidelines immediately.

### Get tested for COVID-19

Test on **day 6** following your most recent exposure to the person who has COVID-19. Day 1 is the first day after your most recent exposure to the person.

Test regardless of your vaccination status.

Do not test before day 6. Test even if you don't have symptoms.

Use either a rapid antigen test (like an at-home test) or a NAAT (PCR) test from a healthcare provider.

If you test **negative**, continue wearing a mask for the next 5 days.

If you test **positive**, follow the isolation guidelines immediately.

**Symptoms** of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

If you start having symptoms during the 10 days after your last exposure to the person who has COVID-19, follow the isolation guidelines immediately and continue testing or talk with your healthcare provider.

Generally "exposure" means you were less than 6 feet from someone who has COVID-19 for at least 15 minutes during a 24-hour period up to and including 2 days before the person had symptoms or tested positive. However, different conditions can affect your exposure. Learn more about your exposure risks by visiting [tinyurl.com/y9zrfemp](https://tinyurl.com/y9zrfemp).