**Isolation & Quarantine GUIDELINES**

**CALCULATING ISOLATION**
Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

**IF YOU**
Tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days
- If you have no symptoms or your symptoms are resolving after 5 days, **you can leave your house**
- Wear a mask around others for 5 additional days and avoid being around people at high risk

*If you have a fever, continue to stay home until your fever resolves.*

**CALCULATING QUARANTINE**
The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.

**IF YOU**
Were exposed to COVID-19 and are **up-to-date** on COVID-19 vaccinations

- Wear a mask around others for 10 days
- Avoid being around people who are at high risk
- Test on day 5, if possible.

*If you develop symptoms, get a test & stay home.*

**IF YOU**
Were exposed to COVID-19 and are **NOT** up-to-date on COVID-19 vaccinations

- **Stay home** for at least 5 days
- Wear a mask around others for 5 additional days and avoid being around people who are at high risk
- Test on day 5, if possible.

*If you develop symptoms, get a test & stay home.*

**IF YOU**
were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

- Wear a mask around others for 10 days
- Avoid being around people who are at high risk

*If you develop symptoms, get a test & stay home.*