

COVID-19 ISOLATION AND QUARANTINE GUIDANCE



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

- Isolate at home for 5 days¹

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. TEST IMMEDIATELY IF YOU BECOME SYMPTOMATIC. ISOLATE UNTIL YOU RECEIVE TEST RESULTS.

SCENARIO 1

If you are:

- Not Vaccinated

THEN

- Quarantine for 5 days^{2,3}
- Must wear a mask when around others for 5 additional days⁴
- 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
- For those age 5-17, completed the primary series of COVID-19 vaccines
- OR
- Tested positive for COVID-19 within the last 90 days as diagnosed by a viral test

THEN

- No need to quarantine
- Must wear a mask when around others for 10 days⁴
- 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^{2,3}
- Must wear a mask when around others for 5 additional days⁴
- 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
- OR
- Received additional primary shots for some immunocompromised individuals

THEN

- No need to quarantine
- Must wear a mask when around others for 10 days⁴
- Should test on Day 5 after exposure

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

¹ People who have moderate COVID-19 should isolate for 10 days and people who are severely ill or have a compromised immune system might need to isolate at home longer.

² If exposure is through a household member and the household member cannot fully isolate, quarantine for an additional 5 days after the person with COVID-19 is released from isolation.

³ If you are absolutely unable to quarantine, you must wear a mask when around others for 10 days.

⁴ If you are unable to wear a well-fitting mask, you must quarantine for 10 days.