



COVID-19 EXPOSURE GUIDE

*Updated Jan. 9th, 2022

Exposures are close contact with someone who tested positive for COVID-19.

Close contacts are someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more, over 24 hours. EX: three individual 5-minute exposures for a total of 15 minutes.

Isolation is used to separate the suspected or confirmed COVID-19 cases from those without. Stay home & wear a well-fitted mask when around others.

WHEN TO STAY HOME:

*The date of exposure is considered Day 0. Day 1 is the first full day after your last contact with the person who tested positive for COVID-19.

<p>Exposed & <u>HAD confirmed</u> COVID-19 (a positive test) within the last 90 days</p>	<p><u>No quarantine</u>- unless you develop symptoms.</p>	<p>Watch for symptoms until 10 days after your last close contact.</p> <p><u>If you develop symptoms, isolate immediately & get tested.</u> Continue to stay home until you know the results.</p>
<p>Exposed & <u>up-to-date on</u> COVID-19 vaccines</p>	<p><u>No quarantine</u>- unless you develop symptoms.</p> <p><u>Get tested</u>- even if you don't have symptoms at least 5 days after your last close contact.</p>	<p>Watch for symptoms until 10 days after your last close contact.</p> <p><u>If you develop symptoms, isolate immediately & get tested.</u> Continue to stay home until you know the results.</p>
<p>Exposed & <u>NOT up-to-date</u> on COVID-19 vaccines</p>	<p><u>Quarantine</u>- stay home for at least 5 days.</p> <p><u>Get tested</u>- even if you don't have symptoms at least 5 days after your last close contact.</p>	<p>After quarantine, watch for symptoms until 10 days after your last close contact.</p> <p><u>If you develop symptoms, isolate immediately & get tested.</u> Continue to stay home until you know the results.</p>
<p><u>Positive test results, regardless of vaccination status</u></p> <p><u>Symptomatic</u>- Day 1 is the first full day after your symptoms have developed.</p> <p><u>Asymptomatic</u>- Day 1 is the first full day after the positive test was collected.</p> <p><u>Isolation starts on Day 1.</u></p>	<p><u>Isolate</u>- stay home for at least 5 days, stay away from others and wear a well-fitted mask.</p>	<p><u>If you had symptoms, end isolation after 5 full days, if you are fever-free for 24-hours.</u></p> <p><u>If you did NOT have symptoms, end isolation after 5 full days after your positive test results.</u></p> <p><u>If you were severely ill with COVID-19, you should isolate for at least 10 days.</u></p>

*According to CDC guidance from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>