

COVID-19 QUARANTINE & ISOLATION DECISION GRID

When you might have been exposed to the virus, follow these guidelines for
QUARANTINE:

Have you been within 6 feet of someone with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period ?



ARE YOU FULLY VACCINATED?

YES

NO

DO YOU HAVE SYMPTOMS?

HAVE YOU HAD COVID-19
in the past 3 months and recovered
with no symptoms?

YES

NO

YES

NO

Stay home and seek medical care. Get tested for COVID-19.

- You do not need to quarantine unless you have symptoms.
- Get tested 3-5 days after exposure whether or not you have symptoms and
- wear a mask indoors for 14 days or until test result is negative.

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- wear a mask indoors for 14 days or until test result is negative.

Stay home for 14 days after last contact with the person who has COVID-19. Talk to your healthcare provider to learn if you can shorten your quarantine time if you have no symptoms.

If you have symptoms, follow the guidelines for isolation.

ISOLATION - For Those Infected With COVID-19

Isolation is used to separate people infected with COVID-19 from those who are not infected. Anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

If possible, use a home pulse oximeter. (Available at local pharmacies.) Call the doctor if your blood oxygen level drops below 94%.

Avoid contact with other members of the household and pets. Wear a mask when around others.

Don't share personal household items, like cups, towels, and utensils.

You may return to work after your symptoms have improved, it has been at least 10 days since your symptoms started and it has been at least 24 hours with no fever and no fever-reducing medication.