

COVID-19 Exposure and Isolation Guidance



Symptoms

- Fever/chills
- Headache
- Muscle pain or body aches
- Feeling tired or weak
- Sore throat
- Runny or stuffy nose
- Cough
- Shortness of breath
- Vomiting or diarrhea
- Change in or loss of taste or smell

What to Do if you were Exposed

- **Day 0**= day of your most recent exposure to COVID-19.
- Monitor for symptoms for **10 full days** following your most recent exposure.
- Test for infection on day 6. If negative, test again in 48-hours. If positive, begin isolation guidance immediately.

What to Do if you Test Positive

- **Day 0**= day of your symptom onset or day of positive test (if asymptomatic)
- **Days 0-5:** Isolate at home and away from others. Avoid using shared spaces (e.g., kitchens, bathrooms, bedrooms), shared linens, and other shared personal items.
- **Days 6-10:** You may end isolation after day 5 if you have been fever-free for at least 24 hours. If you experienced shortness of breath, you need to isolate through day 10.
- **Days 0-10:** Wear a high-quality mask any time you are around others and avoid being around individuals at high risk of getting very sick.

Individuals at Higher Risk of Getting Very Sick

- Older adults
- People who are immunocompromised
- People with medical conditions
- People with asthma
- Pregnant and recently pregnant people

