

# Isolation for COVID-19 Page 1

Use this page if:

- You have tested positive for COVID-19, regardless of whether or not you have symptoms

If you are in public or around others when you get your positive test result or when you develop symptoms, **immediately make sure you have a mask on.**

Then go home and isolate according to the following guidelines:

<u>Symptoms of COVID</u>
Fever or chills
Cough
Shortness of breath or difficulty breathing
Sudden fatigue
Muscle or body aches
Headache
New loss of taste or smell
Sore throat
Congestion or runny nose
Nausea, dizziness or vomiting
Diarrhea
 "Asymptomatic" = no symptoms

## If you have symptoms

(if you do not have symptoms, see the chart below)

Day 0 (the first day you notice symptoms)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Isolate	Isolate	Isolate	Isolate	Isolate	Isolate	End isolation <i>*only*</i> if your symptoms have completely resolved and you can wear a mask around others 100% of the time. Do not eat around others. School staff/students may return to school if symptoms are completely resolved.				
						If you still have symptoms beyond Day 10, continue to isolate until they have resolved.				

## If you do not have any symptoms

Day 0 (the day you test positive)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Isolate	Isolate	Isolate	Isolate	Isolate	Isolate	End isolation <i>*only*</i> if you can wear a mask around others 100% of the time. Do not eat around others. School staff/students may return to school.				

# Quarantine for COVID-19 Page 2

Use this page if:

- You have been in close contact with someone who has COVID-19, you do not have symptoms and you have not tested positive
- Close Contact means: less than 6 feet apart for a total of 15 minutes within 1 day. The 15 minutes is cumulative. For example: If you were together for 3 minutes 5 times in 1 day that is 15 minutes.

## EXPOSURE RESPONSE GUIDELINES

**If you have received the COVID-19 Vaccine Booster or you just received the first series of Moderna/Pfizer within 5 months or J&J within 2 months or you tested positive for COVID within the past 90 days and have recovered**

(if you develop symptoms see Page 1)

Day 0 (the day you were exposed)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
Wear a mask around others. If you develop symptoms, see Page 1. School students/staff can Test to Stay.					Test for COVID if possible Wear a mask around others. If you test positive or develop symptoms see Page 1. School students/staff can Test to Stay.		Wear a mask around others. If you develop symptoms, see Page 1. School students/staff can Test to Stay.				

**If you are not vaccinated, or your last dose of Moderna/Pfizer was over 5 months ago, or your last dose of J&J was over 2 months ago and you are not boosted.**

Day 0 (the day you were exposed)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
Quarantine at home. School students/staff can Test to Stay. If you develop symptoms, see Page 1.					Quarantine at home. Test if possible. School students/staff can Test to Stay		Wear a mask around others. School students/staff can Test to Stay. If you develop symptoms, see Page 1.				

