

Isolation

Has COVID-19

Who is Impacted

Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.

Public Health Recommendations



Isolate at home for 5 days (day "0" is day symptoms begin or day test was taken for those without symptoms); and



If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10).*

If positive with no symptoms, monitor for symptoms for 10 days as well.



Quarantine

Exposed to COVID-19

Personal or household contact, regardless of vaccination status, exposed to someone with COVID-19 (see definition below).



Monitor symptoms for 10 days.



Wear a mask around others for 10 days after exposure.**



Test 3-7 days after exposure or if symptoms develop.



Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.***

Other exposure (from community, social, work setting).



Monitor symptoms for 10 days.



Test if symptoms develop.



Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals.***

* If a mask cannot be worn, recommend 10 days of home isolation.

** If a mask cannot be worn home quarantine for ten days or a Test to Stay protocol may be developed in partnership between the school and local health department.

*** Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.

Personal/household contacts include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.