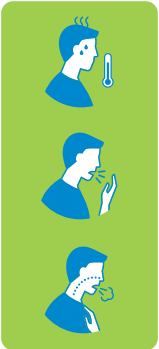


COVID-19 test:

I had a positive test or close contact – now what?



Isolate: If you have symptoms of COVID-19 or tested positive

What does it mean to isolate?

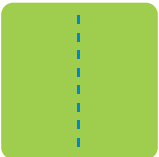
Stay home except for medical care. Don't go to work, school or public areas. Avoid using public buses, ride-sharing services or taxis.

As much as possible, stay in a specific room and away from other people in your home, especially people who are at higher risk for getting very sick from COVID-19. Use a separate bathroom, if you can.



When am I no longer considered contagious?

- Isolate yourself from others until it has been 10 days since your first symptoms, you are fever-free for at least 24 hours AND symptoms are improving
- If you tested positive for COVID-19 and never had any symptoms:
 - Isolate yourself from others until it has been 10 days since your first COVID-19 test



It's important for everyone to wear a mask, wash their hands, practice social distancing and avoid large gatherings.



Quarantine: If you had close contact with a person who has COVID-19

What does it mean to self-quarantine?

Stay home except for medical care. Don't go to work, school or public areas. Avoid using public buses, ride-sharing services or taxis.

If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

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Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- Direct physical contact (hugging or kissing), sharing eating or drinking utensils
- Having exposure to respiratory secretions from a person who has COVID-19
- Living with or caring for a person who has COVID-19

What if I already had COVID-19 or if I received the COVID-19 vaccine?

- If you have tested positive for COVID-19 within the past 3 months and recovered, then you do not have to quarantine or get tested again as long as you do not develop new symptoms.
- If you are fully vaccinated against COVID-19 (i.e. ≥ 2 weeks following the SECOND dose in a 2-dose series), are within 3 months following receipt of the last dose and have remained without symptoms, then you do NOT need to quarantine.

When am I no longer considered contagious?

If you have been in close contact with someone with COVID-19 and you have not developed symptoms:

- Stay home for 14 days after your last contact with the person (preferred)*



If you have been in close contact with someone with COVID-19 and you have developed symptoms:**

- Ask your doctor if they recommend a COVID-19 test
- Isolate yourself from others until it has been 10 days since your first symptoms, you are fever-free*** for at least 24 hours AND symptoms are improving

If you live with someone who has COVID-19, exposure is considered ongoing. Remain home throughout their quarantine and for 14 days* afterward unless you were able to have complete separation from them within the home.

It's important for everyone to wear a mask, wash their hands, practice social distancing and avoid large gatherings.

Information as of March 1, 2021

*If you're not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed 5 days or later after last exposure.

**Symptoms of COVID-19 include fever, chills, nasal congestion, runny nose, sore throat, cough, difficulty breathing, muscle aches, nausea, vomiting, diarrhea, loss of taste or smell, or new onset poor feeding or poor appetite.

***Fever-free means a temperature of less than 100.4°F without acetaminophen or ibuprofen.