Have you been exposed to or tested positive for COVID-19?

If you have tested **POSITIVE FOR COVID-19** and have **SYMPTOMS**:

Isolate for

10

DAYS from the date symptoms began.

If you have tested **POSITIVE FOR COVID-19** and have **NO SYMPTOMS**:

Isolate for

10

DAYS from the date you had your test done.

If you are unvaccinated and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

Quarantine* for

10

DAYS from your last exposure.

*Quarantine may be shortened to 7 days if you have no symptoms and test negative for COVID-19 on day 5 or later. If you have been in close contact with someone diagnosed with COVID-19 and are fully vaccinated, you do not need to quarantine but are recommended to get tested 5-7 days after exposure.

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If you were exposed to COVID-19 and are FULLY VACCINATED

Take steps to protect yourself and others:

- Get tested 5-7 days after the last day you were exposed to COVID-19.
- Wear a mask in indoor public settings for 14 days after your last day of exposure or until you receive a negative test result.
- If you do not have symptoms of COVID-19, you do not need to quarantine.

- Monitor for symptoms for 14 days following your last day of exposure.
- Consider wearing a mask at home if you live with persons who are at high risk.

Isolate yourself if you develop symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information

- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

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If you were exposed to COVID-19 and are NOT FULLY VACCINATED

Self-quarantine to protect yourself and others:

- Stay home. Do not go to work, school, or other public places. Self-quarantine for:

    - 10 full days if you have NO symptoms; or
    - 7 days if you NO symptoms and test negative on or after day 5 of quarantine. Learn more about the CDC Quarantine Guidance.

- Stay away from people you live with, if possible. Consider wearing a mask at home if you live with persons who are at high risk.
- Consider vaccination when able.

If you develop any of these symptoms, get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Seek emergency medical care if you experience chest pain, blue or gray lips/finger nails, or difficulty staying awake.

If your Local Health Department calls you, tell them:

- Basic information about you
- Where you been (work, school, house of worship, etc.)
- Your medical history and vaccine information

- If you have COVID-19 symptoms and when they began
- If you need support or help call your healthcare provider

August 18, 2021