Public Health Promotion Center

QUARANTINE GUIDE

Have you been EXPOSED to someone with COVID-19?

**YES**

Have you tested POSITIVE in the past 90 days?

**NO**

Are you up to date with COVID-19 vaccinations & booster?

**NO**

**QUARANTINE**

for at least 5 days

Stay home, wear a well-fitted mask if you must be around others.

Get tested at least 5 days after your last contact.

**YES**

NO QUARANTINE

Unless you develop symptoms.

Get tested at least 5 days after your last contact.

**YES**

Take precautions until day 10

Watch for symptoms until 10 days after last contact.

If you develop symptoms, isolate immediately, get tested & stay home until you get the results.

Wear a well-fitted mask for 10 full days any time you are around other inside your home or in public.

Avoid travel

Avoid being around people who are at high risk.

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