

Should you quarantine or isolate?

After you talk with your healthcare provider, what should you do?

Quarantine if you were in **close contact** to someone with COVID-19 and:

Are unvaccinated. OR Need a booster.



Stay home for at least 5 full days after your last contact.

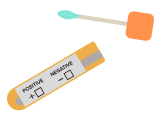
Don't go to work. Avoid public places.



Wear a mask near people for an additional 5 full days.



You don't need to quarantine if you are fully vaccinated and got your booster dose.



Get tested 5 days after your last contact.

Symptoms can appear 2-14 days after exposure.



- Fever or chills
- Cough
- Shortness of breath or difficulty breathing.
- Fatigue
- Muscle pain
- Headache
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea

Check your temperature twice a day and monitor for symptoms until 14 days after close contact.

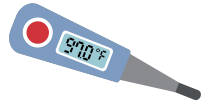
If you get any COVID-19 symptoms, isolate and call your healthcare provider.

Isolate if you:

- Are **sick** with COVID-19 symptoms.
- Test **positive** for COVID-19.

Stay home until:

- ✓ 24 hours after fever is gone without using medicine
 - AND**
 - ✓ Symptoms improve.
 - AND**
 - ✓ 5 full days after symptoms started or date tested if you don't have symptoms.
- Don't go to work. Avoid public places.



Wear a mask near people for an additional 5 full days.



If you live with others, set up a room where you won't be around people or pets. Use a separate bathroom if possible.

Call your healthcare provider immediately if your symptoms get worse.



Call 911 if you have a medical emergency.

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.

Participate in a public health interview.

Health Department staff may call to review instructions and answer questions.

