

Tell your close contacts that they need to quarantine.

#### ***Definition of a Close Contact***

***A “close contact” is defined as any of the following people who were exposed to you while you were infectious.***

- a. Any person who was within 6-feet of you for a total of 15 minutes or more over a 24-hour period.***
- b. Any person who had unprotected contact with your bodily fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.***

***NOTE: You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appeared until your isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test.***

If you have a positive diagnostic test result for COVID-19, you should notify your close contacts that they could be infected and recommend quarantine for up to 5 days after their last contact with you, and continue to wear a mask around others for 5 additional days. If they can't quarantine, they must wear a mask around others for 10 days.

#### **...but what about contacts to close contacts?**

Since contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted.

#### **Vaccinations and Quarantine**

If your close contact has been boosted OR completed the primary series of the Pfizer or Moderna vaccine within the last 6 months/completed the primary series of Johnson and Johnson vaccine within the last 2 months, they should wear a mask around others for 10 days. They should also test on day 5, if possible.

If your close contact has completed the primary series of the Pfizer or Moderna vaccine over 6 months ago and are not boosted, or completed the primary series of the Johnson and Johnson vaccine over 2 months ago and are not boosted, they should quarantine for 5 days. After that, they should continue to mask around others for 5 additional days. If they can't quarantine, they must wear a mask for 10 days. They should also test on day 5, if possible.

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

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

Isolate for



**DAYS** from the  
date symptoms began.

- If **symptoms fully resolve**, isolation may be shortened and end after day 5 on the first day without symptoms.
- Wear a well-fitting face mask for 10 full days since the start of symptoms. Isolation should not be shortened if a mask cannot be worn properly and consistently.

If you have tested  
**POSITIVE FOR COVID-19**  
and have  
**NEVER HAD SYMPTOMS**:

Isolate for



**DAYS** from the  
date you had your test done.

- Wear a well-fitting face mask for 5 additional days.
- Isolation should be extended to 10 days if a mask cannot be worn properly and consistently.

If you are **not fully vaccinated OR booster-eligible\*** but not yet boosted and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

Quarantine for



**DAYS** from  
your last exposure.

- Quarantine may be shortened to 5 days if you have no symptoms and test negative for COVID-19 on day 5.
- Wear a well-fitting face mask for 10 days from your last exposure.
- Stay home and get a test if symptoms develop.

If you are **boosted or fully-vaccinated but not yet booster-eligible\*** and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 full days from your last exposure.
- Get tested for COVID-19 on day 5.
- Stay home and get a test if symptoms develop.

\*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series  $\geq 6$  months ago or their J&J/Janssen vaccine  $\geq 2$  months ago.

# COVID-19 Patient Guidance

If you test positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

## WHAT TO DO



**If you test positive for COVID-19 or think you may have COVID-19, self isolate.**

Stay home and self-isolate for at least 5 days from the first day of your illness or the date you were tested. To calculate the isolation period, day 1 is the day after symptoms start/day of test. Isolation can end after day 5 if your symptoms are fully resolved or if you have never had symptoms. Continue to wear a well-fitting mask when around others for a total of 10 days. You should isolate for 10 full days if you continue to have symptoms. You should also isolate for 10 full days from places where you cannot properly and consistently wear a mask around others even if you do not have symptoms.



**If you been tested, stay home while you wait for your test results** to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19.

**You may or may not have symptoms.**

You may have symptoms or no symptoms at all but could still spread the COVID-19 virus to others. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If you develop symptoms and you feel you need care, contact your medical provider.



**Contact your friends, family, and your work.**

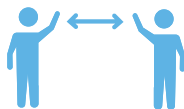
If you test positive, quickly tell your close contacts. This is critical to slowing the spread.



## CLOSE CONTACTS



Starting 2 Days  
Before Symptoms Began  
OR Before COVID-19 Test



Within 6 feet



For 15 Minutes  
OR MORE

- Your close contacts who are not fully vaccinated or who are booster-eligible\* but not yet boosted should quarantine for 10 full days if they have NO symptoms. Quarantine may be shortened to 5 days if they have NO symptoms and test negative on or after day 5 of quarantine and wear a mask when around others for 10 days.
- Your close contacts who are boosted or who are fully-vaccinated but not yet booster-eligible\* do not need to quarantine if they have NO symptoms since last seeing you. They should get tested 5 days after their last exposure and wear a mask when around others for 10 days.

\*Booster-eligible includes people 16 years of age or older who completed their primary mRNA (Pfizer/Moderna) vaccine series  $\geq 6$  months or their J&J/Janssen vaccine  $\geq 2$  months ago.

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HEALTH AND FAMILY SERVICES

# Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

## Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

## Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

## Shortness of breath



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# 10 things you can do to manage your COVID-19 symptoms at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# Your 14-Day Log for Temperature and Symptoms



Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
<b>DAY 0</b>		Day 0 is the day you were last exposed to COVID-19.	
<b>DAY 1</b>		 	
<b>DAY 2</b>		 	
<b>DAY 3</b>		 	
<b>DAY 4</b>		 	
<b>DAY 5</b>		 	
<b>DAY 6</b>		 	
<b>DAY 7</b>		 	
<b>DAY 8</b>		 	
<b>DAY 9</b>		 	
<b>DAY 10</b>		 	
<b>DAY 11</b>		 	
<b>DAY 12</b>		 	
<b>DAY 13</b>		 	
<b>DAY 14</b>		 	



**If you get sick:** • Stay home. Avoid contact with others. • You might have COVID-19; most people are able to recover at home without medical care. • If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent exposure and your symptoms • Call ahead before you go to a doctor's office or emergency room.