

## Quarantine (Post-COVID Exposure)

### IF YOU WERE EXPOSED TO COVID-19 AND ARE **NOT** UP-TO-DATE ON COVID-19 VACCINATIONS

#### Days 0-5

- Stay home for 5 full days
- Wear a mask around others in your house
- Get tested on day 5 post-exposure

#### Days 6-10

- Wear a mask around others (anywhere)
- Do not go anywhere you cannot wear a mask
- Avoid travel
- Avoid being around high-risk individuals

#### Everyday

- Monitor: if you develop symptoms isolate **immediately** and get tested - stay home until you receive your test results

### IF YOU WERE EXPOSED TO COVID-19 AND **ARE** UP-TO-DATE ON COVID-19 VACCINATIONS

#### Days 0-10

- You do not need to stay home unless you develop symptoms
- Get tested on day 5 post-exposure

- Wear a mask around others (anywhere)
- Do not go anywhere you cannot wear a mask
- Avoid travel
- Avoid being around high-risk individuals

- If you develop symptoms isolate **immediately** and get tested - stay home until you receive your test results

*\*Up-to-date: Received all recommended vaccines (including boosters)*

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