

Exposed to COVID-19?

Here's what to do next.



Key Terms

Isolation

is **used for people with symptoms** or a positive COVID-19 test.

Quarantine

is **used for people who are well** but who are close contacts of or were exposed to someone who is ill.

Close Contact

means someone was within 6 feet of a sick person for 15 minutes or more within a 24-hour period. This can be anytime during the sick person's isolation or 2 days before the person got sick.

This is regardless of face mask use.

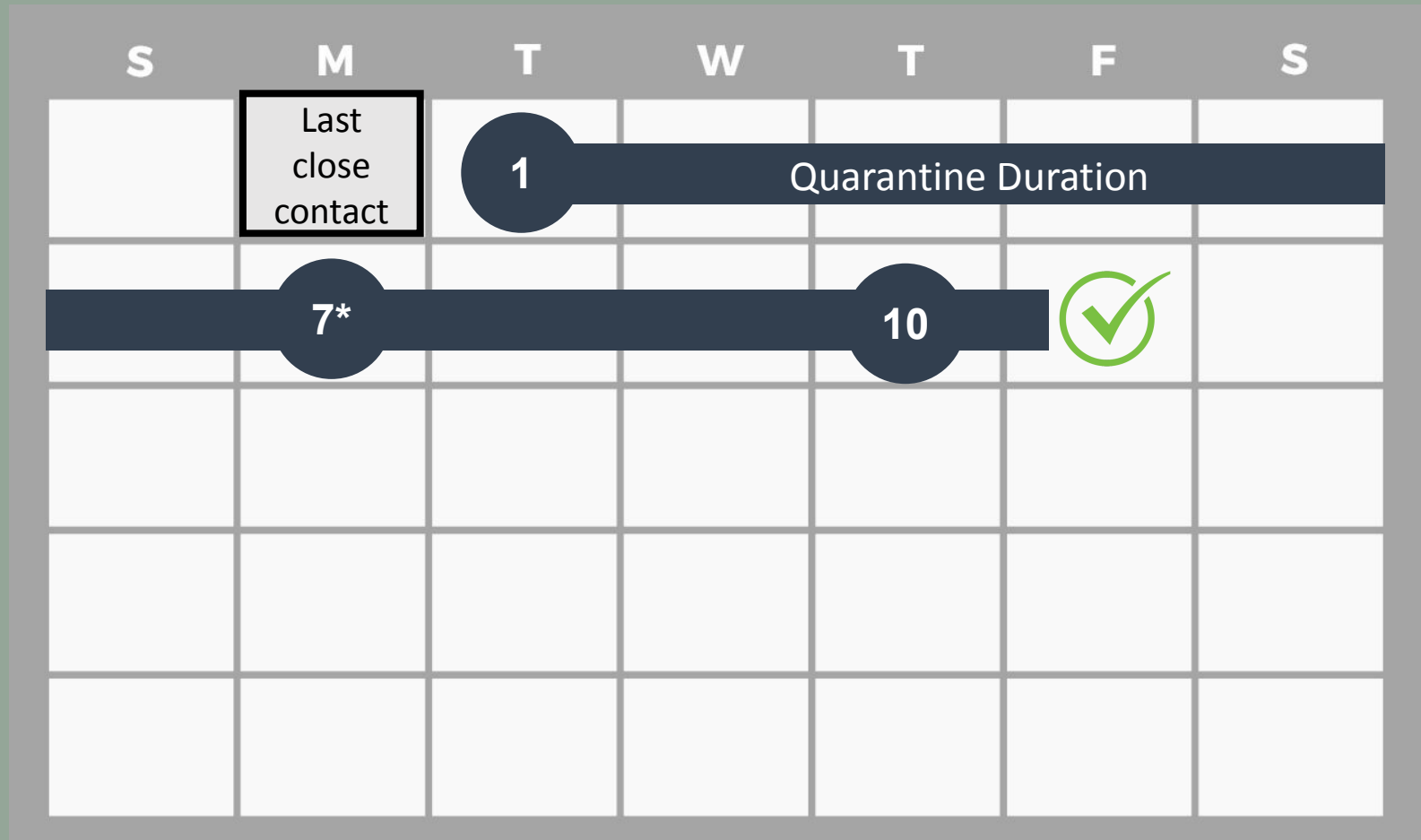


Scenario 1

Close contact and quarantine

Sasha's partner gets sick with COVID-19 on Monday and isolates in a separate room.

Sasha feels well and doesn't have any symptoms, but she was in close contact with her partner until Monday. She needs to quarantine for 10 days. Quarantine can end after day 10 if Sasha does not have any symptoms.

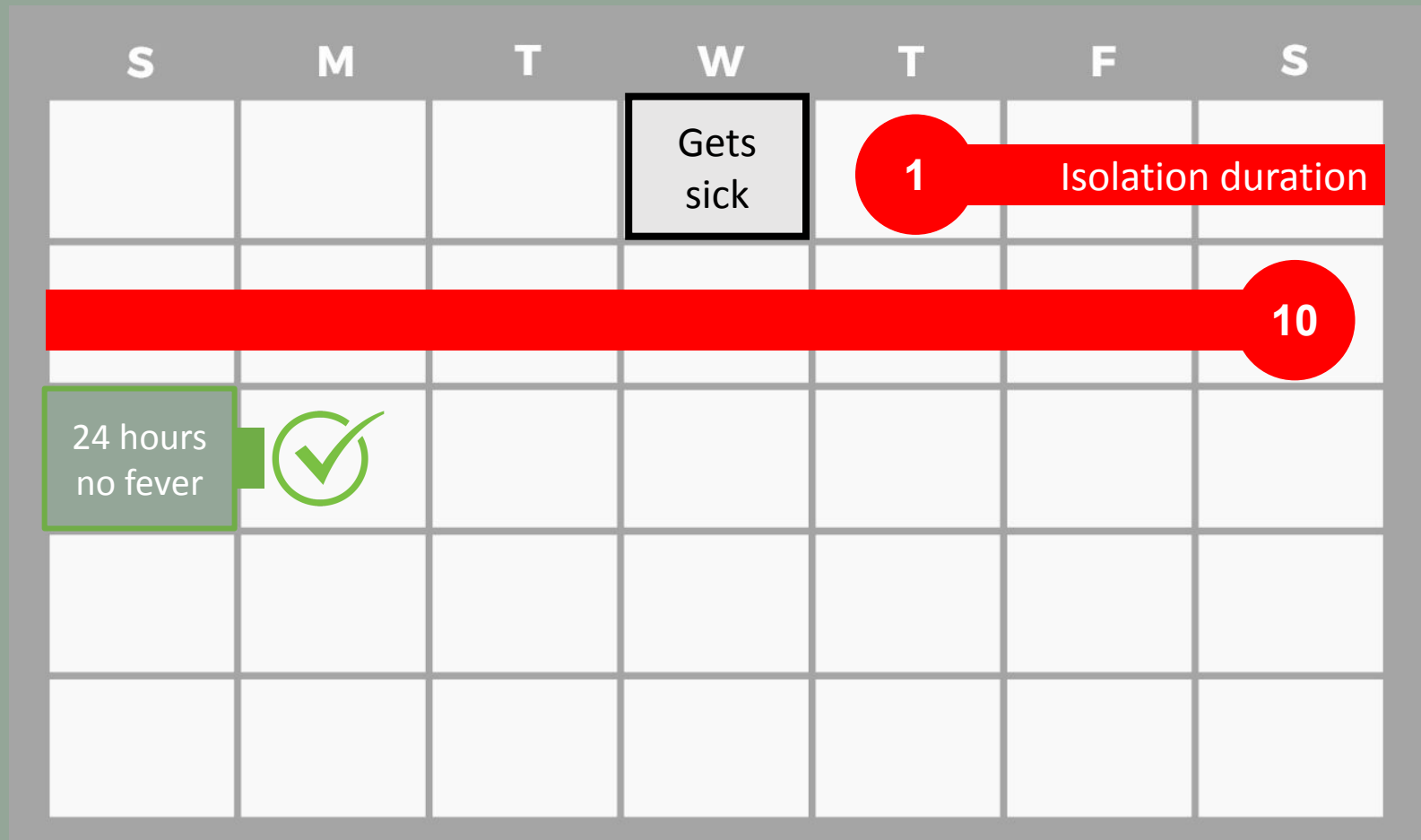


Scenario 2

Isolation with lingering symptoms

Alberto gets sick with COVID-19 on Wednesday and has a fever and cough for 10 days. He cannot end isolation until it's been 10 days and he's fever-free for 24 hours.

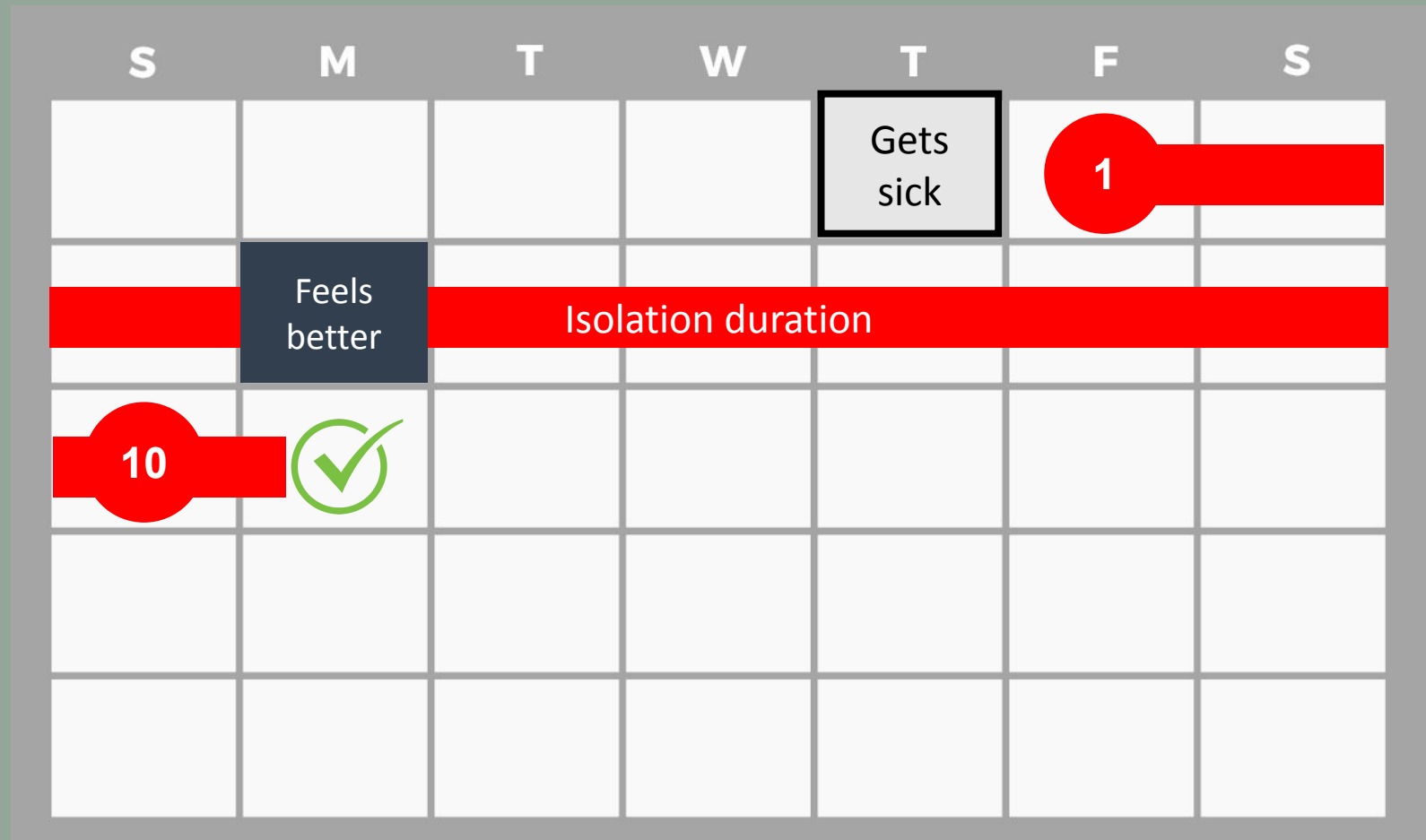
Alberto isolates the 10 days plus 1 extra day.



Scenario 3

Isolation with brief illness

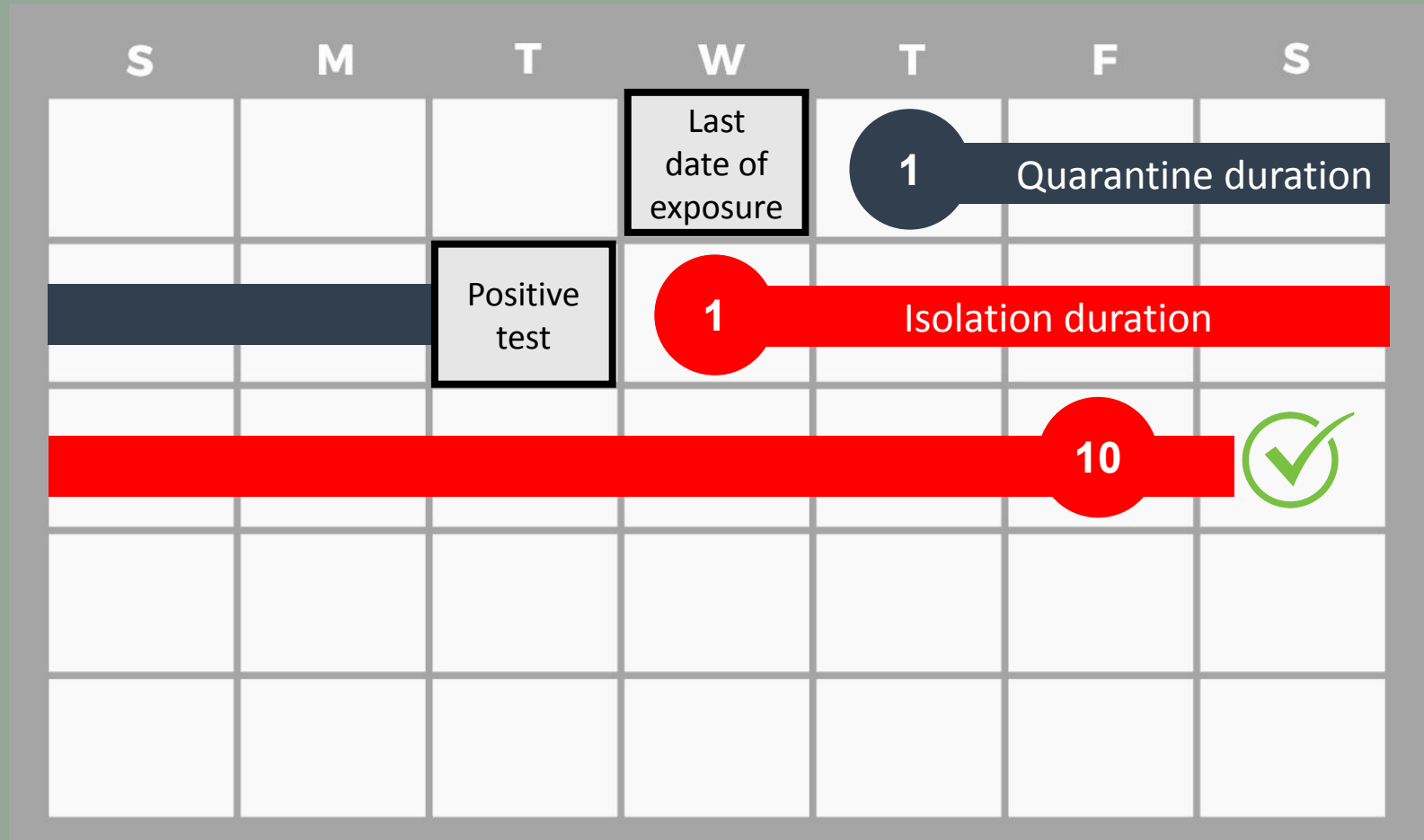
Bill gets sick with COVID-19 on Thursday. He feels better and his fever ends on Monday. Even though he seems well earlier, he still must isolate for a full 10 days since his symptoms started. Bill's isolation ends after 10 days.



Scenario 4

Asymptomatic case

Amy's co-worker tested positive for COVID-19. Amy began to quarantine and decided to get tested after 5 days even though she never felt sick. Her test comes back positive. The date of the positive COVID-19 test starts isolation period of 10 days since Amy is asymptomatic (has no symptoms).



Scenario 5

Household quarantine and isolation

Tom's son Jake was exposed to COVID-19 at school so he begins quarantine. After 4 days in quarantine, he then gets sick. Now Jake is in isolation and Tom has to quarantine. As Tom cares for Jake (who is infectious and can spread COVID-19 to close contacts), he is considered exposed to COVID-19 until Jake's isolation ends.

