

# Quarantine and Isolation Guidelines

## What to Do If You Think You Might Have COVID-19

### Instructions:

Use this card to track what you need to do if you catch COVID-19 or were around a person who had it by checking the days off here.

**If you don't feel sick** but you were around someone who had COVID-19, start at **Exposure**.

**If you start to feel sick**, get tested as soon as you can and go to **Test Positive or Symptoms Start**.

**Want to know more about what you should do?**



Scan me to  
find out



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## Exposure

The day you were around a person who had COVID is

DAY  
0

Wear a well-fitting mask around others for 5 full days. You don't have to stay home.



Take a test on Day 6.

Is it **Positive** or **Negative**?

## Test Positive or Symptoms Start

The day you got tested or felt sick is

DAY  
0

Stay home and isolate for 5 full days. Avoid contact with others.



You can leave isolation after **Day 5** if you're feeling better and haven't run a fever in 24 hours.

## Test Negative or Isolation Ends

\*If you test negative on 2 home tests at least 48 hours apart, then you can remove your mask sooner.

Wear a well-fitting mask around others for 5 more full days.\* Watch for symptoms.



You can now go back to your daily activities!