**COVID EXPOSED**

**HOW TO QUARANTINE**

If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, you are a close contact. You must quarantine.

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**FOR THE NEXT 14 DAYS...**

**WATCH YOURSELF FOR SYMPTOMS OF COVID-19**
- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**WEAR A MASK**
Whenever you are with any other people, even if you are at home.
Make sure it fits over your mouth and nose.

**CALL YOUR DOCTOR and GET TESTED IF YOU HAVE COVID-19 SYMPTOMS.**

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**STAY HOME**
If you can't stay home or away from others for 14 days, you may be able to shorten your in-home quarantine by meeting the conditions below.

- **Day 5**
  - You can get tested on or after day 5. If your test is negative you may be able to discontinue in-home quarantine on day 8 if you don't have symptoms. **Note: antibody tests do not count.**

- **Day 8**
  - With a negative test - If you have no symptoms on or before day 7 and tested negative on or after day 5, you can discontinue in-home quarantine on day 8. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

- **Day 10**
  - Without a test - If you have no symptoms on or before day 10, you can discontinue in-home quarantine on day 11. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

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**LAST DAY OF QUARANTINE**

**CALL YOUR DOCTOR and GET TESTED IF YOU HAVE COVID-19 SYMPTOMS.**