

# 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.

## 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.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

### 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.



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.**

**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.**

**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.**

**LAST DAY OF QUARANTINE**