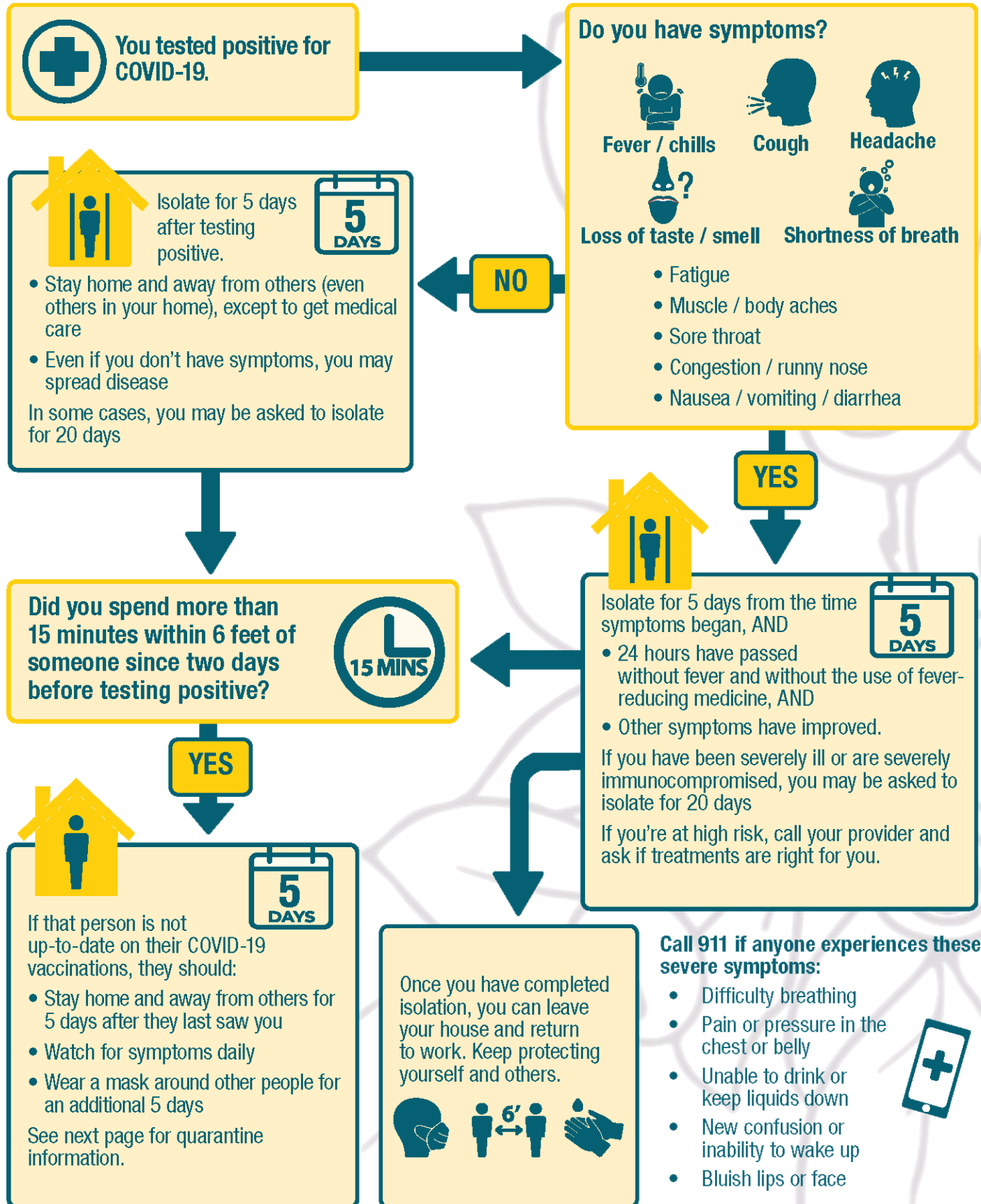


ISOLATION

Isolation keeps someone who is infected with COVID-19 away from others even in their own home. You need to isolate if you have symptoms or have tested positive for COVID-19.



HOW LONG TO QUARANTINE

Staying home and away from other people for 5 days is the safest way to prevent the spread of COVID-19 to others.

- You are required to quarantine for 5 days if you live in a long-term care facility or other licensed group setting.
- Quarantine for a full 5 days if someone in your house has COVID-19 or if you live or work with people who are at risk for serious illness from COVID-19
- You don't need to quarantine if you are up to date with your COVID-19 vaccinations and don't have any symptoms.



QUARANTINE → the safest option

If you have no symptoms, quarantine for at least 5 days. If you develop symptoms, isolate yourself from others and call your doctor or clinic right away.



QUARANTINE



After you have completed quarantine, you can leave your house and return to work. Keep protecting yourself and others.

YOU can help slow the spread by telling those you've been in close contact with right away.

Tell your close contacts yourself. Close contact means spending 15 or more minutes within 6 feet of someone who has COVID-19. Because of the high number of people who are getting COVID-19, not everyone who is positive will get a call from a public health worker. Health workers will focus first on those most at risk of serious illness or spreading the virus to a lot of other people.

- If you had or have symptoms: Contact the people you were in close contact with beginning 2 days before your symptoms began.
- If you did not or do not have symptoms: Contact the people you were in close contact with beginning 2 days before you took your COVID-19 test.



Call, email, or text close contacts as soon as possible. Timing matters!

No matter the test result, your unvaccinated close contacts should quarantine at home for 5 days since you were last together.



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