

Am I at risk?

Guidelines on who should quarantine or isolate for COVID-19

Close contact - any individual who was within 6 feet of an infected person for at least 15 minutes.

Quarantine - keeping someone who might have been exposed to COVID-19 away from others

Isolation - keeps someone with COVID-19 away from others, even in their own home

Person A - Case



- Person **A** tested positive for COVID-19
- While infectious, Person **A** was in close contact with Person **B**
- Person **A** must **isolate** from others until no longer infectious

Person B - Contact of a Case



- Person **B** is considered a **close contact** of an infectious COVID-19 person **A**
- Person **B** should **quarantine** (stay at home, practice social distancing and monitor for symptoms) for 14 days

Person C - Contact of a Contact



- Person **C** was **NOT** in **close contact** with infectious Person **A**
- Unless Person **B** develops symptoms or tests positive for COVID-19, Person **C** is not at increased risk
- No special precautions are necessary



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You were in close contact with someone who tested positive for COVID-19. Okay, so

NOW WHAT?

You must quarantine for 14 days:

Stay at home, practice social distancing and monitor for symptoms.

During the 14 days :

- If you develop symptoms or test positive – contact your healthcare provider and your local health department.
- If you do not develop symptoms - you can come out of quarantine.

Can I get tested while I'm in quarantine?

Yes but only if you want to or otherwise recommended by your healthcare provider.

Public health officials recommend waiting at least 3-5 days after exposure to be tested for COVID-19.



While in quarantine, I tested negative for COVID-19.

Does that mean I can end my quarantine sooner than 14 days?

NO! COVID-19 virus takes an average of 5 days for symptoms to appear but can take up to 14 days so you may get a false negative test result.

The 14 days of quarantine is crucial because even though you may not be experiencing symptoms and have a negative test result, you can still be COVID-19 infected and therefore infectious to others.

Do your part and help reduce the spread of COVID-19:

- Wear a mask 
- Maintain social distancing 
- If you are in quarantine, **STAY** in quarantine for the **ENTIRE** 14 days.

