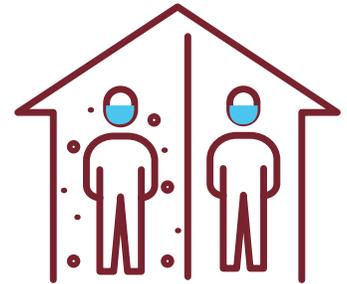# UNDERSTANDING COVID-19 ISOLATION AND QUARANTINE

You may be uncertain about what you should do if you have been exposed to someone with COVID-19, have developed symptoms, or had a positive test. This information, based on new CDC guidelines, will help keep you and others safe.

I've tested positive for COVID-19. Now what?

You are infected with COVID-19 or have symptoms. Stay home and away from others regardless of symptoms and vaccination status.

WHEN TO START AND END ISOLATION	
STAY HOME FOR AT LEAST 5 DAYS	• Isolate from others in your home. Day 1 is the first full day after your symptoms appeared or your test specimen was collected. • Use a separate bedroom or sick room and bathroom if possible.
ENDING ISOLATION	• If you had symptoms, after 5 days, you can end isolation if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. • If you did not have symptoms, you can end isolation 5 full days after your positive test. • Wear a mask around others in all settings for an additional 5 days. • If you are unable to wear a mask, you should isolate for a full 10 days.
UNTIL DAY 10	• Avoid household members and pets. Wear a mask, even at home around others. Do not go to places where you are unable to wear a mask. Avoid traveling and being around people who are high-risk, such as those in hospitals and nursing homes, or those receiving treatment for conditions such as cancer.

I've been exposed to someone with COVID-19. Now what?

IF YOU ARE <u>NOT</u> VACCINATED OR UP TO DATE* WITH VACCINATIONS	
QUARANTINE FOR 5 DAYS	• Stay home for at least 5 days. Day 1 is your first full day after being exposed. • Wear a mask around others in your home. • Get tested at day 5 if possible, even if you don't have symptoms.
FOR 5 DAYS AFTER QUARANTINE	• Watch for symptoms for a full 10 days after your exposure. • If you develop symptoms, get tested and isolate. • Wear a mask and avoid traveling and being around people who are high-risk, such as those in hospitals and nursing homes, or those receiving treatment for conditions such as cancer. • If you are unable to wear a mask, quarantine for a full 10 days.
IF YOU ARE UP TO DATE* WITH VACCINATIONS <u>OR</u> YOU TESTED POSITIVE FOR COVID-19 USING A VIRAL TEST WITHIN THE PAST 90 DAYS	
DO NOT QUARANTINE BUT ISOLATE IF YOU HAVE SYMPTOMS	• Wear a mask and avoid traveling and being around people who are high-risk, such as those in hospitals and nursing homes, or those receiving treatment for conditions such as cancer. • Watch for symptoms for a full 10 days after your exposure. • If you develop symptoms, get tested and isolate. • If you are unable to wear a mask, quarantine for a full 10 days. • Get tested on day 5 if possible. Testing is not needed if you have recovered from COVID-19 in the last 90 days.

*Up to date is defined as being fully vaccinated and having received all additional recommended vaccines, including boosters if/when eligible and additional primary (third dose) vaccines if immunocompromised.

Find updated CDC guidance on isolation and quarantine at <u>de.gov/quarantine</u>.

FIND OUT WHERE TO GET YOUR FREE COVID-19 VACCINE

VISIT de.gov/covidvaccine

CALL 1-833-643-1715

EMAIL vaccine@delaware.gov

COVID-19 STOPS WITH us