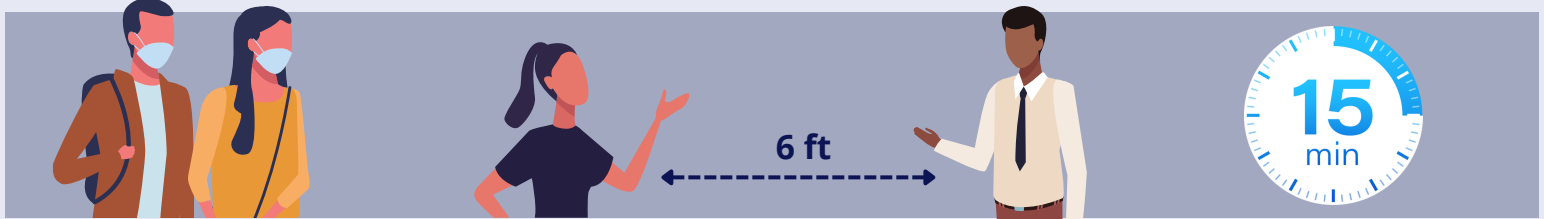




WERE YOU EXPOSED TO A CASE OF COVID-19?



1. MASKING

Were you and the case both wearing a mask? If yes, you do not have to quarantine. If no, proceed to the next two questions.

2. PROXIMITY | DISTANCE

Were you less than 6 feet away from the case? Consider time spent with someone with COVID-19 starting 2 days before the infected person developed symptoms (or 2 days prior to the test date if the case does not have symptoms).

3. LENGTH OF TIME

Were you in the presence of the case for a cumulative total of 15 minutes or more over a 24-hour period?

IF THE ANSWERS TO QUESTIONS 2 AND 3 ABOVE ARE BOTH YES, YOU ARE A CLOSE CONTACT

WHAT SHOULD YOU DO AS A CLOSE CONTACT?

IF YOU ARE NOT UP TO DATE ON VACCINES

- You are required to either:
 - Quarantine at home for 10 days from the date of last exposure.*
 - OR Quarantine at home for 5 days and wear a well-fitting face mask for days 6-10.
 - OR Wear a well-fitting face mask for 10 days.
- You should wear a well-fitting mask for 10 days from the date of the last exposure, any time you are around others, inside your home or in public.
- You should watch for symptoms for 10 days and get tested at least 5 days after the last exposure.
- If you develop symptoms, isolate at home for at least 5 days and wear a mask for an additional 5 days.

IF YOU ARE UP TO DATE ON VACCINES

- If you have taken the full series of a COVID-19 vaccine and boosters as recommended, you are up to date and you do not need to quarantine.

However, it is recommended that you do the following:

- Get tested at least 5 days after the last date of exposure.*
- Watch for symptoms and wear a well-fitting mask for 10 days from the date of last exposure, any time you are around others, inside your home or in public.
- Regardless of vaccination status, if you develop symptoms, isolate at home for at least 5 days from symptom onset date and wear a mask for an additional 5 days.

IF YOU HAVE HAD COVID-19 WITHIN THE PAST 90 DAYS, COMPLETED ISOLATION AND RECOVERED

- You do not need to quarantine.
- Watch for symptoms and wear a well-fitting mask when around others for 10 days.
- If you develop symptoms, isolate at home for at least 5 days from symptom onset date and wear a mask for an additional 5 days.

WHAT IF YOU BECOME A COVID-19 CASE?

- Isolate at home for 10 days
OR
- Isolate at home for 5 days and wear a well-fitting face mask for days 6-10

- For counting days of public health restrictions, the day of symptom onset or the test date (if you have no symptoms) is considered day zero.

- Do not leave the home if you do not have symptom improvement and resolution of fever for at least 24 hours.

- Fever reduction must be accomplished without the use of fever reducing medications.

*Date of last exposure is day zero for counting the number of days.
If the contact lives in the home of a COVID-19 case, this can result in up to 20 days of public health restrictions for the contact.