

Exposed to COVID-19? Ask 2 Questions to know what to do.



1

MASKED OR UNMASKED

Were you less than 6 feet apart from this person for 15 minutes or more recently?

NO

2

Have you recovered from COVID-19 within the past 3 months?

COVID-19+

If you are currently ill with COVID-19, complete isolation according to Health Department's recommendations.

YES

NO

If you feel sick, Self-isolate. Get tested.

Business as usual!

Continue to practice illness prevention:

- Wear a mask in public
- Stay 6 feet from others
- Wash your hands frequently
- Avoid touching your face with unwashed hands
- Disinfect frequently touched surfaces
- Stay home when sick

Quarantine Calendar*

LAST SAW COVID-19+ PERSON	M	T	W	T	F	S
START						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Mark the day you were last in contact with the COVID-19 positive person.

Starting with the following day, count forward 14 days. These are the dates of CDC recommended 14 day quarantine.

Mark day 5 of your quarantine. This is the earliest day you can get tested for COVID-19.

Mark day 7 of your quarantine. If you test negative for COVID-19 and have not experienced symptoms, this is the last day of shortened quarantine.

Mark day 10 of your quarantine. If you do not get tested for COVID-19 and have not experienced symptoms, this is the last day of shortened quarantine.

Mark day 14 of your quarantine. If you did not experience symptoms, this is the last day of CDC recommended quarantine.

You must do these 2 things:

- ✓ **Quarantine** minimum 7 days with negative test and no symptoms.*
- ✓ **Get Tested at the correct time!**

+

Are you FEELING ILL?

NO

YES

GET TESTED NOW!

GET TESTED ON OR AFTER DAY 5 OF QUARANTINE.

