

# Exposed to COVID-19?

## Ask 2 Questions

to know what to do.

**Guidance is based on your vaccination status.**

**Fully vaccinated people ..... Page 2**

**Unvaccinated people ..... Page 3**



# Are you **FULLY VACCINATED** & Exposed to COVID-19?

## Ask **2** Questions to know what to do.



MASKED OR UNMASKED

**Were you less than 6 feet apart from this person recently for 15 minutes or more within a 24-hour period?**



**NO**

### 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



**If you start to feel ill or experience symptoms of COVID-19, you should immediately isolate at home, away from others and get tested.**

Isolation guidance [dph.georgia.gov/isolation-contact](https://dph.georgia.gov/isolation-contact)



**Are you sick or experiencing any symptoms of COVID-19?**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**YES**

**If you feel sick, Stay home. Get tested.**

**What does it mean to be fully vaccinated?**

You are fully vaccinated against COVID-19 if you received 2 doses of mRNA vaccine such as Pfizer or Moderna or 1 dose of Johnson & Johnson vaccine and 14 days have passed since your last dose.



Refer to CDC for inpatient and congregate setting quarantine guidance.

**NO**

**YES**

**GET TESTED NOW!**

**If you are currently ill, stay home and isolate according to Health Department's recommendations.**

**\* How long should I mask?**

LAST SAW COVID-19+ PERSON	M	T	W	T	F	S
	START				GET TESTED DAY 5-7	
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					

### **MASKING AND TESTING FOR FULLY VACCINATED INDIVIDUALS**

If you are fully vaccinated, you do not need to quarantine after your exposure. However, you should get tested 5-7 days after your exposure and wear a mask when you are around others, inside or outside of your home, until you receive a negative test result, OR until 14 days have passed since your last exposure to the COVID-19 positive individual.

**Set up your masking and testing calendar:**

- ☐ **Mark the day you were last in contact with the COVID-19 positive person.**
- ☐ **Starting with the following day, count forward 14 days.** This is the time frame CDC recommends wearing a mask indoors if you do not get tested for COVID-19.
- ☐ **Mark Days 5-7 from the date of your last contact with the COVID-19 positive individual.** These are the days you should get tested for COVID-19. You can discontinue masking in your home if your test result is negative.

**CDC recommends that you:**

- ✓ **Wear a mask.**
- +
- ✓ **Get Tested at the correct time!**

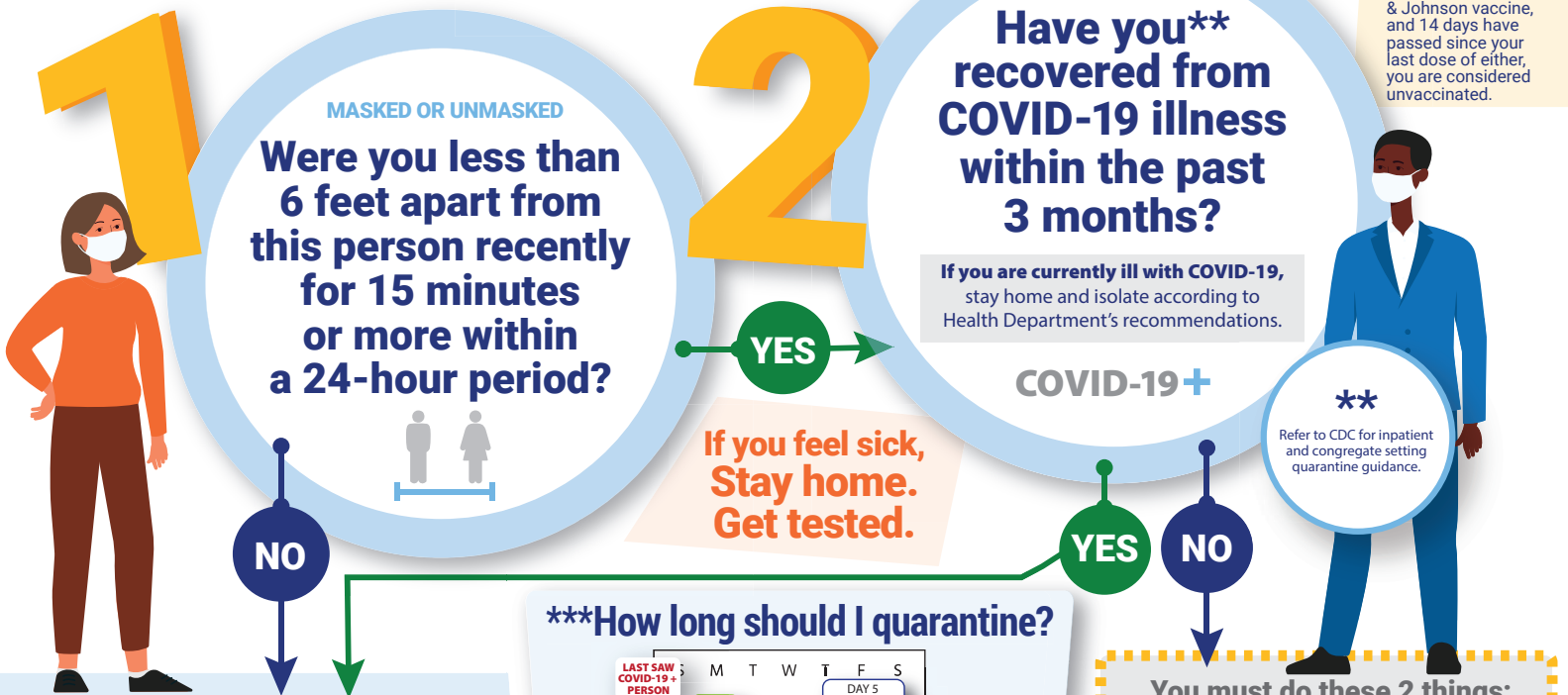
**GET TESTED**  
5-7 days after last contact with COVID-19 positive person.



COUNTY HEALTH DEPARTMENTS

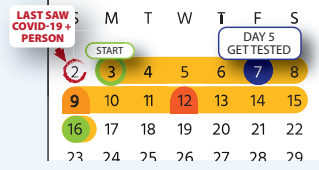
# Are you UNVACCINATED\* & Exposed to COVID-19? Ask 2 Questions to know what to do.

**\*Am I an unvaccinated person?**  
If you have NOT received 2 doses of mRNA vaccine such as Pfizer or Moderna, or 1 dose of Johnson & Johnson vaccine, and 14 days have passed since your last dose of either, you are considered unvaccinated.



If you feel sick, Stay home. Get tested.

## \*\*\*How long should I quarantine?



### QUARANTINE FOR UNVACCINATED INDIVIDUALS

**IF YOU GET TESTED FOR COVID-19:**  
You can leave your home after Day 7 IF you received a negative COVID-19 test result and have not developed symptoms. Continue to mask around others and monitor for symptoms until the last day of the 14-day quarantine.

**IF YOU CHOOSE NOT TO GET TESTED FOR COVID-19:**  
You can leave your home after day 10 IF you have not developed symptoms. Continue to mask around others and monitor your symptoms until day 14.

### Set up your quarantine calendar:

- Mark the day you were last in contact with the COVID-19 positive person.**
- Starting with the following day, count forward 14 days.** This is the 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 your COVID-19 test is negative.** This is the earliest day of your shortened quarantine IF you receive a negative test result from a COVID-19 test performed on day 5 and have not experienced any symptoms.
- Mark Day 10 of your quarantine if you are not getting tested for COVID-19.** This is the last day of your shortened quarantine IF you DID NOT get tested for COVID-19 and have NOT experienced symptoms.
- Mark day 14 of your quarantine.** This is the last day of CDC recommended quarantine.

## You must do these 2 things:

- Quarantine\*\*\***  
If you are not vaccinated, stay home for a minimum of 7 days when you get tested, your test is negative, and you have not experienced symptoms.
- Get Tested at the correct time!**

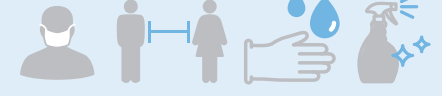
## Are you FEELING ILL?



## Business as usual!

### Continue to practice illness prevention:

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