






# Exposed to COVID-19?

## Ask these questions to know what to do.

<p><b>1</b></p> <p>What's your vaccination or prior infection status?</p>  <p><b>COVID-19 TEST</b></p>	<p><b>2</b></p> <p>Were you less than 6 feet from the COVID-19 positive person for 15 minutes or more within a 24-hour period?</p> <p>Masked or unmasked</p> 	<p><b>3</b></p> <p>Are you sick or do you have symptoms?</p>  <p><b>SYMPTOMS INCLUDE:</b></p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	
<p><b>Vaccinated AND up-to-date on booster doses.</b></p> <p>Find out if you are up-to-date on your vaccine.</p> <p><a href="http://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html">www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html</a></p> <p>or</p> <p><b>People who had a prior confirmed COVID-19 infection less than 90 days ago</b></p>	<b>Yes</b>	<b>Yes</b>	<p><b>Isolate immediately and get tested as soon as you can. Stay home until you know the results.</b></p>
	<b>Yes</b>	<b>No</b>	<p>You do not need to stay home. Watch for symptoms and take precautions until day 10.</p> <ul style="list-style-type: none"> <li>• Wear a well-fitted mask when you are around others, inside or outside of your home.</li> <li>• Avoid travel.</li> <li>• Avoid being around people who are high risk.</li> </ul> <p>Get tested 5 days after your last saw the person with COVID-19 even if you do not experience symptoms.</p>
	<b>No</b>	<b>Yes</b>	<p><b>Isolate immediately and get tested as soon as you can. Stay home until you know the results.</b></p>
	<b>No</b>	<b>No</b>	<p>No quarantine. Continue regular activities and practice prevention strategies such as masking in public, staying 6 feet from others, washing your hands frequently, avoiding touching your face with unwashed hands, disinfecting frequently touched surfaces, and staying home when sick.</p>
<p><b>OR</b></p> <p><b>Not Vaccinated</b></p> <p>or</p> <p><b>Vaccinated BUT not up-to-date on booster doses.</b></p> <p>Find out if you are up-to-date on your vaccine.</p> <p><a href="http://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html">www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html</a></p>	<b>Yes</b>	<b>Yes</b>	<p><b>Isolate immediately and get tested as soon as you can. Stay home until you know the results.</b></p>
	<b>Yes</b>	<b>No</b>	<p>Quarantine. Stay home for at least 5 full days. Watch for symptoms and take precautions for 10 full days.</p> <ul style="list-style-type: none"> <li>• Wear a well-fitted mask when you are around others, inside or outside of your home.</li> <li>• Avoid travel.</li> <li>• Avoid being around people who are high risk.</li> </ul> <p>Get tested 5 days after you last saw the person with COVID-19, even if you do not experience symptoms.</p>
	<b>No</b>	<b>Yes</b>	<p><b>Isolate immediately and get tested as soon as you can. Stay home until you know the results.</b></p>
	<b>No</b>	<b>No</b>	<p>No quarantine. Continue regular activities and practice prevention strategies such as masking in public, staying 6 feet from others, washing your hands frequently, avoiding touching your face with unwashed hands, disinfecting frequently touched surfaces, and staying home when sick.</p>

**Feel sick?**  
Isolate immediately.  
Get tested.

**Questions about isolation or quarantine? Learn more.**  
[CDC www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)  
[GADPH dph.georgia.gov/isolation-contact](https://dph.georgia.gov/isolation-contact)

NOTE: Inpatient settings, congregate settings, and immunocompromised individuals should refer to CDC for guidance. [www.cdc.gov](http://www.cdc.gov)

# Create a COVID-19 quarantine calendar.

**Need to quarantine?**  
**Learn the right time to get tested and when at-home quarantine, monitoring or precautions can end.**

## STEP BY STEP INSTRUCTIONS

- 1** Refer to *Exposed to COVID-19? Ask these questions to know what to do.* to determine if you need to quarantine.
- 2** If you need to quarantine, mark the day you were last in contact with the COVID-19 positive person.
- 3** Starting with the following day, count forward 5 days. Get tested on or after this day (Day 5), regardless of vaccination status.
- 4** Mark the next day (Day 6). This is the day that \*individuals who have not received vaccine or who are not up-to-date on their boosters can leave their homes, as long as they continue to take precautions.
- 5** Mark Day 10 from the date of your last contact with the COVID-19 positive individual. This is the last day you need to monitor for symptoms and take extra precautions, regardless of vaccination status.
- 6** Mark the day following day 10 (Day 11). This is the day you can return to normal activities \*\*as long as you did not experience symptoms and have not had a positive COVID-19 test.



- Last exposure to COVID-19 positive person.
- Day 5. Earliest day to get tested.
- 10 Days. Monitor for symptoms and take precautions.
- Day 6. Unvaccinated\* can leave home with precautions.
- Return to regular activities.\*\*

**Questions?**  
**Call 770-339-4260.**  
**Ask for the Epi on Call.**

For more information about quarantine or isolation, visit  
[www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)