Follow these steps to help stop the spread:

Start isolating right away.
Stay home for 5 days unless you need medical care. Use a separate bedroom and bathroom, if possible, wash your hands, wear a well-fitting mask and disinfect high-touch surfaces often.

Consider seeking advice from a medical provider ASAP!
The elderly and those who are immune-compromised or have underlying health conditions tend to have more severe courses with COVID-19 infection. There are time-sensitive treatments available that may help reduce risks of hospitalization and death from COVID-19.

Notify your close contacts.
This includes anyone you’ve been within 6 feet of for more than 15 minutes in a 24-hour period with or without a mask. You’re contagious approximately 2 days before symptoms or a positive COVID test and throughout your isolation period.

You can stop isolating at home when ALL of these apply:
- 5 full days have passed since your symptoms started or 5 days after your test date if you don’t develop symptoms. You should continue to wear a well-fitting mask around others, including those in your household for 5 more days after isolating.
- You are fever-free for 24 hours without the use of fever-reducing medication such as Tylenol, aspirin or ibuprofen.
- Your other symptoms have definitely improved.

Available treatments
- If you test positive for COVID-19 and would like to request treatment, talk to your doctor as soon as possible. Vaccinations remain the best way to protect a person from developing serious illness due to COVID-19.
- Antiviral medication may help you recover from COVID-19 faster or prevent serious illness. These medications must be prescribed after a person has tested positive and within five days of symptom onset.
- Monoclonal antibody treatment may be effective for reducing symptoms and risk of hospitalization for high risk COVID-19 patients. The treatment is for people who have tested positive for COVID-19 and have mild to moderate symptoms and should be administered to non-hospitalized patients as soon as possible after testing positive and within seven days of system onset.

Updated 5/5/22. Information is subject to change at any time.
**ARE YOU A CLOSE CONTACT OF SOMEONE WITH COVID-19?**

**Who is considered a close contact?**
Anyone who is within 6 feet of a person with COVID-19 for 15 minutes in a 24-hour period with or without a mask (except in school settings.)

**Follow these steps to help stop the spread:**

**Monitor for symptoms for 10 days.**
If you develop symptoms, get tested and start isolating from others – even those in your home. You can do this by using a different bedroom and bathroom if possible, wearing a well-fitting mask, washing your hands and disinfecting high-touch surfaces often.

**Start wearing a well-fitting mask for 10 days after your last exposure.**
If your exposure is a household member or if you’re not up to date on COVID-19 vaccinations, consider staying home for 5 days after the date of your last exposure if you cannot wear a well-fitting mask around others. If in a K-12 setting, you can follow the school’s test-to-stay plan, if available.

**Does anyone in my household need to quarantine?**
No. If you are a close contact and develop symptoms, or if the COVID-19 positive person is a member of your household, then everyone in your home should consider quarantining if not willing or able to wear a mask in public for 10 days.

**If I test negative for COVID-19 between days 3-7 do I still need to mask?**
Yes. You should wear a well-fitting mask for a full 10 days after your last exposure. You do not need to quarantine after 5 days if you were doing so.

**If I'm fully vaccinated, have received all recommended boosters and don't have symptoms, do I need to quarantine?**
No. If symptoms develop, isolate and get tested. Remember to wear a well-fitting mask for the full 10 days when around others.

**If I have previously tested positive for COVID-19, do I need to quarantine?**
No. If you tested positive for COVID-19 within the past 90 days by PCR or antigen test (not just by antibody test), then you do not need to quarantine, but should still wear a well-fitting mask for 10 days.