Shortened Isolation & Quarantine Periods

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION)

If you test positive for COVID-19 you should isolate for **5 days** and, if you are not experiencing symptoms at that time, you may leave isolation if you can continue to mask for 5 days to minimize the risk of infecting others.

If you test positive for COVID-19 and are experiencing symptoms you should stay home for a minimum of **5 days**. If your symptoms go away or are significantly improving after 5 days, you can leave isolation with extreme caution. If you have a fever you should continue to isolate until you are fever free. You should continue to wear a mask around others for the next 5 days.

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE)

If you are up to date on your COVID-19 vaccinations, meaning:
- You have been boosted OR
- You have completed the primary series of Pfizer or Moderna vaccine within the last 5 months OR
- You have completed the primary series of J&J vaccine within the last 2 months

You should:
- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you are NOT up to date on your COVID-19 vaccinations, meaning:
- You have completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted OR
- You have completed the primary series of J&J over 2 months ago and are not boosted OR
- You are not vaccinated or have not completed a primary vaccine series

You should:
- Stay home for 5 days and continue to wear a mask around others for 5 additional days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home.

Please note: this guidance is for the general population. Healthcare workers that have tested positive for COVID-19 should seek guidance additional guidance.