

COVID-19 ISOLATION AND QUARANTINE TIMEFRAMES FOR GENERAL POPULATION

If You Test Positive for COVID-19 Regardless of Whether or Not You Have Symptoms OR If You Are Symptomatic and Awaiting Test Results (Isolate)

Everyone of any age who tests positive or is awaiting test results, regardless of vaccination status, needs to follow Isolation Instructions

Isolation Instructions:

- Stay home for 5 days (through Day 5).
- If you have symptoms:
 - The first day your symptoms developed is Day 0.
 - Test on Day 5 using an antigen test (strongly recommended).
 - You can end isolation after 5 days if your Day 5 test is negative, you are fever-free for 24 hours without the use of fever-reducing medication, and your other symptoms have improved.
 - Continue to wear a mask around others for 5 additional days (through Day 10).
- If you have no symptoms:
 - The day that your test is positive is Day 0.
 - Test on Day 5 using an antigen test (strongly recommended).
 - You can end isolation after 5 days if your Day 5 test is negative and you have remained symptom-free.
 - Continue to wear a mask around others for 5 additional days (through Day 10)
- If you were severely ill with COVID-19 or are immunocompromised, you should isolate for at least 10 days. Talk to your HCP to determine whether you need to isolate longer than 10 days.

If You Were Exposed to Someone with COVID-19, do not have any symptoms, and meet criteria below, you should follow Self-Monitoring Instructions.

If you:

- **Are 5 - 11 years old and have completed the primary series of 2 doses of Pfizer vaccine OR**
- **Are ≥ 12 and less than 18 years old and have completed the primary series of Pfizer vaccine within the last 5 months OR**
- **Are ≥ 18 years old and have completed the primary series of Moderna or Pfizer vaccine within the last 5 months OR**
- **Are ≥ 18 years old and have completed the primary series of J&J vaccine within the last 2 months OR**
- **Are any age and have been boosted with the appropriate vaccine OR**
- **Are any age and have had confirmed (tested positive using a viral test) COVID-19 within the past 90 days**

Self-Monitoring Instructions:

If you have no symptoms:

- Wear a mask around others for 10 days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5 (except for the group who had confirmed COVID-19 within the past 90 days).
- If you develop symptoms at any time after exposure, get a test, stay home, and follow isolation guidance.

If You Were Exposed to Someone with COVID-19, do not have any symptoms, and meet criteria below, you should follow Quarantine Instructions

If you:

- **Are ≥ 5 - 11 years old and have not completed the primary series of Pfizer OR**
- **Are ≥ 12 and less than 18 years old and have completed the primary series of Pfizer vaccine over 5 months ago and are not boosted OR**
- **Are ≥ 18 years old and have completed the primary series of Moderna or Pfizer vaccine over 5 months ago and are not boosted OR**
- **Are ≥ 18 years old and have completed the primary series of J&J vaccine over 2 months ago and are not boosted OR**
- **Are any age and are unvaccinated**

Quarantine Instructions:

- Stay home for 5 days (through Day 5). After that, continue to wear a mask around others for 5 additional days (through Day 10). If you are unable to wear a mask when around others, you should continue to stay at home for all 10 days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5.
- If you cannot quarantine, you must wear a mask for 10 days (through Day 10).
- If you develop symptoms at any time after exposure, get a test, stay home, and follow isolation guidance.