

WHEN CAN I BE AROUND OTHERS AGAIN?

ISOLATION (If you are sick)

You can be around others after:

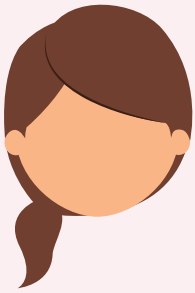
- 24 hours with no fever **AND**
- 10 days since symptoms first appeared **AND**
- Other symptoms have improved

QUARANTINE (If you've had known exposure)

You can be around others after:

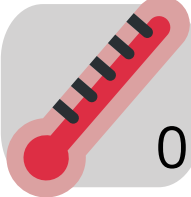
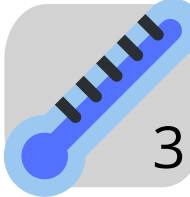

- A full 14 day quarantine after last contact with exposure (safest option) **OR**
- A 10 day quarantine after last contact with exposure **OR**
- A 7 day quarantine after last contact with exposure **WITH** a test on day 5, **IF** test is negative

If you are fully vaccinated and do not develop symptoms after exposure, you do not need to quarantine.



SCENARIO 1:

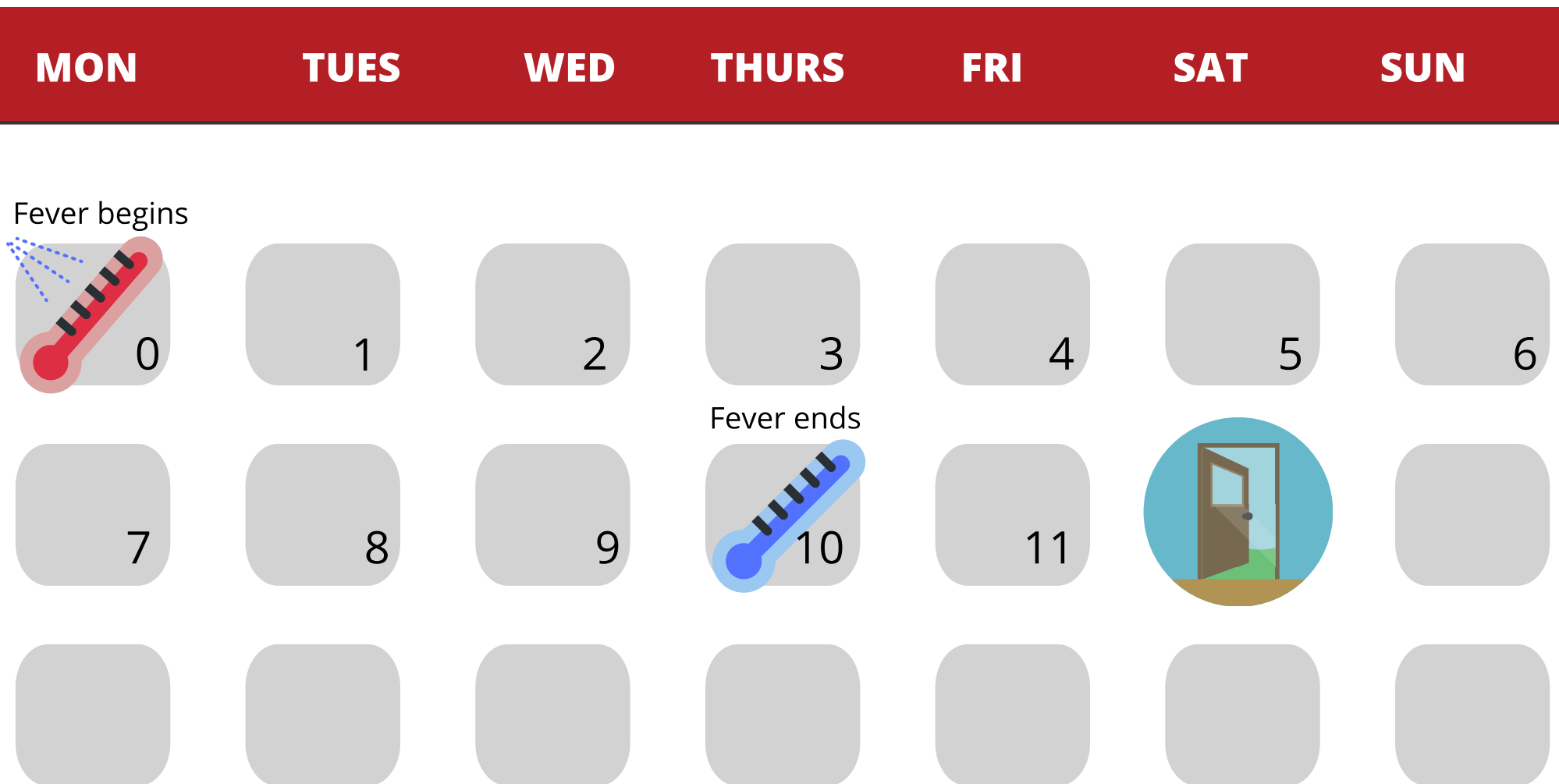
Amy gets sick on a Monday. Her cough has gotten better and she no longer has a fever on Thursday. Even though she feels almost back to normal, she needs to wait until the following Friday (full 10 days) before she leaves her home.

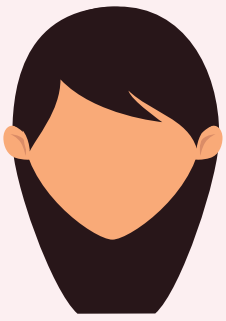
MON	TUES	WED	THURS	FRI	SAT	SUN
Fever begins			Fever ends			
 0	1	2	 3	4	5	6
7	8	9	10			



SCENARIO 2:

Albert gets sick on a Monday and has fever and cough for a full 10 days. He needs to stay home an additional 24 hours after his fever has resolved. This means he must isolate in his home through Friday. He can go out on Saturday as long as his other respiratory symptoms are improving.





SCENARIO 3:

Grace and her daughter get sick with COVID-19. Her daughter recovers quickly, so she can leave the house after 10 days. Grace is symptomatic for more than a week, and has to stay isolated for 24 hours after her fever resolves.

MON

TUES

WED

THURS

FRI

SAT

SUN

Grace and her daughter get sick and begin staying home.



1

2

Daughter's fever ends

3

4

5

6

Grace's fever ends

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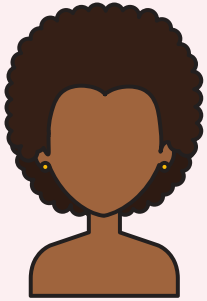
11

Daughter not contagious & can leave



12

Grace no longer contagious & can leave



SCENARIO 4:

Sasha's partner finds out they have COVID on Monday and isolates away in a separate room. Sasha works as a cashier at a grocery store and still feels well. However, because Sasha has close contact with her sick partner, she needs to quarantine at home. She is able to stay home for a full 14 days (the safest option) and so she does. Sasha never develops symptoms.

MON

TUES

WED

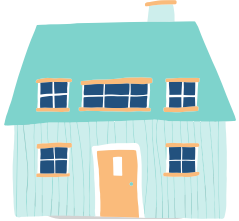
THURS

FRI

SAT

SUN

Sasha quarantines



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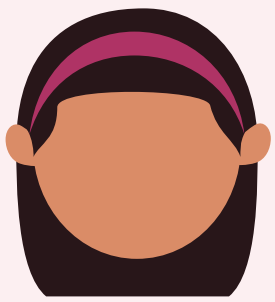
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14

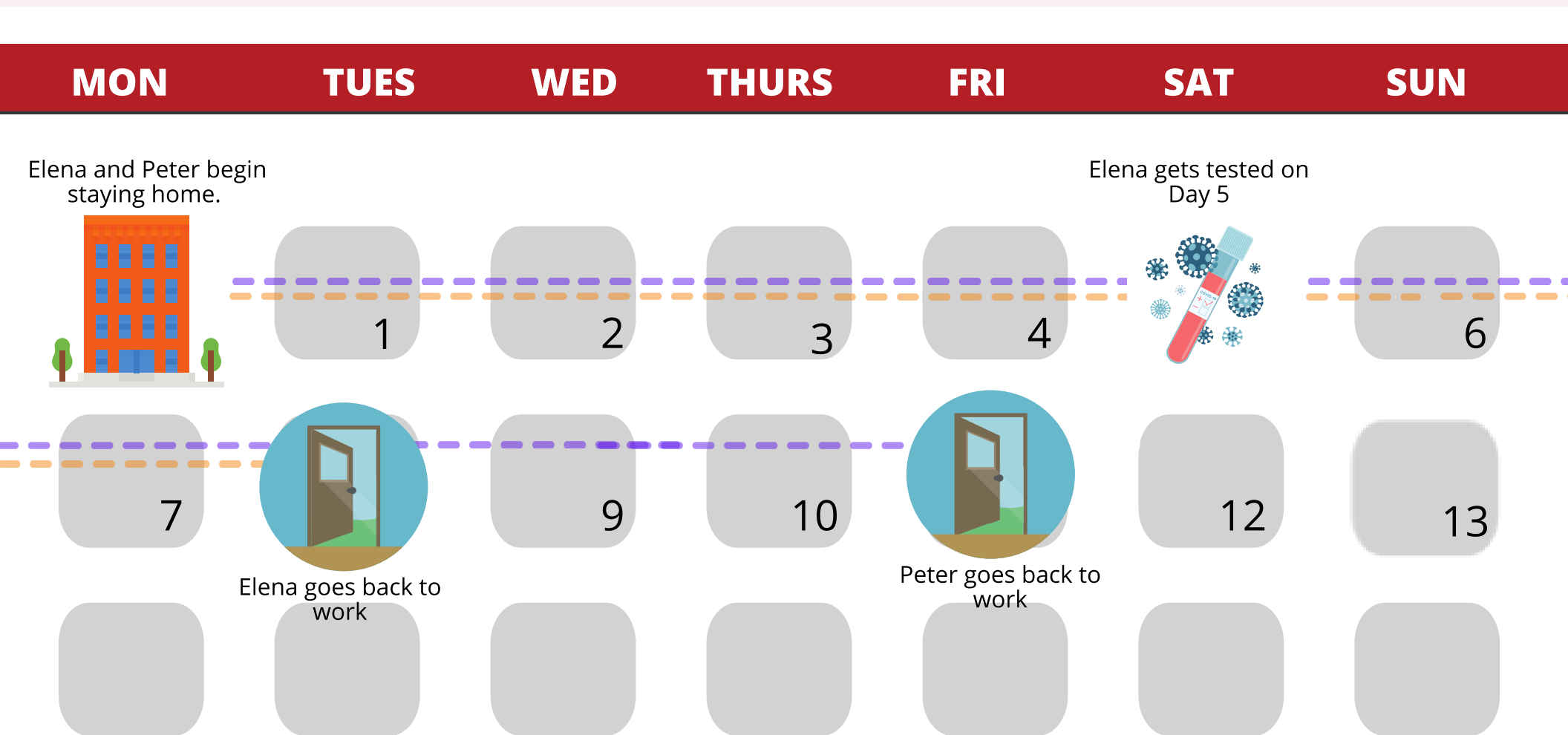




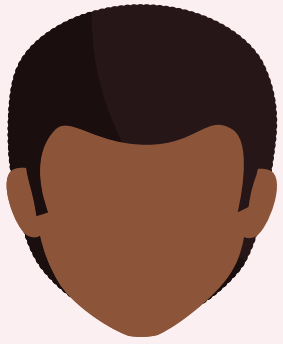
SCENARIO 5:

Elena works at a restaurant. One of her coworkers tests positive for COVID and she is instructed to stay home but the restaurant is short-staffed and needs her back as soon as possible. She quarantines for 7 days getting a test on the 5th day that comes back negative, and can return to work after day 7.

Meanwhile her neighbor Peter has also been exposed at the bookstore he works at. He has a coworker that can cover his shifts while he quarantines and so he stays home for 10 days without getting tested. After the ten day period, he returns to work.



SCENARIO 6:



Adam gets sick on Monday and tests positive for COVID-19 on Tuesday. He begins his 10 day isolation and feels better by Friday when his fever resolves. However, he still needs to stay home for the complete 10 day period, so he can't leave until the following Friday. Adam lives with his parents and two siblings, who do not have symptoms and tested negative. Adam is not able to stay in his own room or use a separate bathroom, so his family members are exposed during his entire isolation period. Therefore, **all** his family members need to stay home **during** Adam's isolation period **and** for 14 days after to make sure they don't become sick. If anyone in the family tests positive or show symptoms, the 14-day quarantine period restarts for everyone again.

MON

TUES

WED

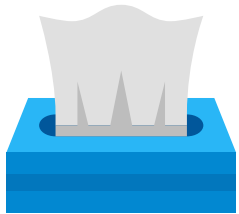
THURS

FRI

SAT

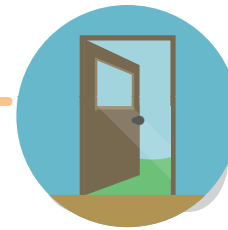
SUN

Adam gets sick



Adam tests positive

Adam feels better



Adam can leave

1

2

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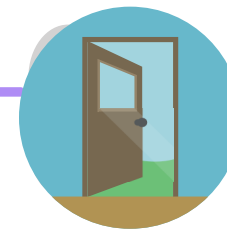
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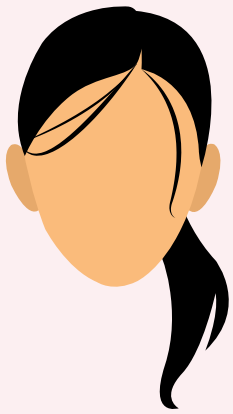
14



Family can leave
(assuming no one has
symptoms or becomes
infected)

SCENARIO 7:

Maria gets sick on Monday and tests positive for COVID-19 on Wednesday. Maria lives with two roommates and began fully isolating on Wednesday by staying in her room, using a separate bathroom, and her roommates are leaving food outside her door. Her roommates tested negative and do not have symptoms. Since Maria is able to stay isolated, her roommates can start their 14-day quarantine period on Wednesday as this was their last day of contact with her. Maria improves and does not have a fever, so she can leave the home the following Friday. If her roommates never develop symptoms, they can leave the home on Thursday after Maria.



MON

TUES

WED

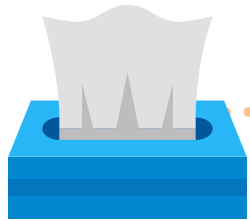
THURS

FRI

SAT

SUN

Maria gets sick



Maria tests positive for COVID-19 and begins isolating



Roommates test negative and begin quarantine

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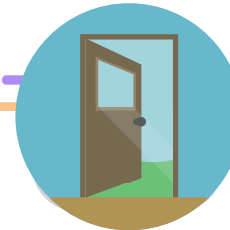
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8

10

11

Maria's symptoms improve and she can leave



12

13

14

Roommates never develop symptoms and can leave



Key:

Eric (Father) 

Maya (Child)

- ## Here is what each family member did:

