

Who Should Quarantine?

Vaccinated:

- No need to quarantine
- Monitor self for signs and symptoms for 14 days post exposure.
- Wear a mask indoors while around others for 14 days or until a negative test on or after day 5 post exposure.

NOT Vaccinated:

- Quarantine away from others
- Monitor self for signs and symptoms for 14 days post exposure (safest option).
- Alternatives to 14 day quarantine:
 1. Quarantine for 10 days after exposure, continue to monitor for signs and symptoms for remaining 4 days, continue to wear a mask for remaining 4 days while around others.

OR

2. Quarantine for 7 days with a negative test on or between days 5 and 7 post exposure. Continue to monitor for signs and symptoms for remaining 7 days, continue to wear a mask for remaining 7 days while around others.

ANYONE regardless of vaccine status should immediately isolate if they begin to experience symptoms of COVID 19 after exposure or a positive test.

