

COVID-19 Guidelines (Updated 8/11/2022)

If you have tested positive for COVID or have COVID-like symptoms:

Regardless of vaccination status, you should isolate when you have COVID-19. You should also isolate if you are sick and suspect that you could have COVID-19 but do not yet have test results. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

If you have symptoms and test positive, you must isolate for at least 5 days. Day 0 of isolation is the day of symptom onset, regardless of when you tested positive

You may end isolation after Day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
- If you had a moderate to severe illness during COVID, you may need to isolate for the full 10 days (or longer). Consult with your doctor before returning to work.

If you have no symptoms and test positive, you must isolate for at least 5 days. Day 0 of isolation is the day you were tested (regardless of when you received your positive test result).

- If you develop symptoms within 10 days of when you were tested, the clock restarts at Day 0 on the day of symptom onset.
- If you do not develop symptoms, you may end isolation after Day 5.

After you have ended isolation, wear a mask through Day 10 when indoors around others. Avoid being around people who are more likely to get very sick from COVID-19.

After you have ended isolation, if symptoms recur or worsen, restart your isolation. Talk to a healthcare provider about your symptoms before ending isolation.

If you were exposed to COVID-19

If exposed to COVID-19, regardless of vaccination status, begin taking precautions immediately by wearing a mask for 10 full days. (Day 0 is the date of your last exposure to someone with COVID-19).

Take extra precautions if you will be around people who are more likely to get very sick from COVID-19. Avoid places where you cannot mask.

Watch for symptoms, including fever, cough, shortness of breath, loss of taste or smell and other COVID-like symptoms. If you develop symptoms, isolate immediately and get tested. Stay home until you get test results.

It is recommended you be tested on Day 6, even if you do not develop symptoms. If you test negative, continue wearing a mask for 10 days.

If you've had COVID in the past 90 days

Some symptoms, like loss of taste and smell, may persist for weeks or months after recovery and need not delay the end of isolation.

You may also continue to test positive for up to 90 days, even if you no longer have symptoms. If during this period you develop COVID-like symptoms, you should isolate and consult with your doctor about best practices for testing.