COVID-19
When Can I Be Around Others?

FOR ADDITIONAL QUESTIONS CALL YOUR COUNTY HEALTH DEPARTMENT

I KNOW/THINK I HAVE COVID-19 WITH SYMPTOMS (ISOLATION)	I TESTED POSITIVE BUT HAVE NO SYMPTOMS (ISOLATION)	I WAS A "CLOSE CONTACT" OF SOMEONE WITH COVID-19 (QUARANTINE)
You can be around others after - **10 days** have passed since your symptoms first appeared **AND** You have been fever free for at **least 24 hours** (without use of fever reducing medication) **AND** Other symptoms of COVID-19 **are improving*** *Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation Individuals with severe or critical illness may have an extended isolation period	If you continue to have no symptoms, you can be around others after - **10 days** have passed since you were tested If you develop symptoms after testing positive, follow the guidance for "I know or think I had COVID-19 AND I had symptoms"	You should quarantine (stay home, monitor for symptoms) for **14 days** AFTER LAST EXPOSURE. This is based on the time it takes to develop illness. Close contact means within 6 feet of the individual for at least 15 minutes. However, anyone who has had close contact with someone with COVID-19 **and** who: • developed COVID-19 illness within the previous 3 months **and** • has recovered **and** • remains without COVID-19 symptoms (for example, cough, shortness of breath) **does not** need to stay home.

What Do My Test Results Mean?

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IF YOU TEST POSITIVE FOR COVID-19 TAKE STEPS TO HELP PREVENT THE SPREAD

IF YOU TEST NEGATIVE

STAY HOME - ISOLATE
Do not leave your home, except to get medical care. Do not visit public areas.

GET REST & STAY HYDRATED

SEPARATE YOURSELF FROM OTHERS
As much as possible, stay in a specific room and away from other people and pets in your home.

FOLLOW TIMELINE ON THE PREVIOUS PAGE

A symptom or time-based strategy is recommended. Except for rare situations, a test-based strategy is no longer recommended to determine when to allow individuals to return to work.

If you were a "close contact" to a confirmed case of COVID-19, QUARANTINE and follow guidance on previous page.

A NEGATIVE TEST RESULT DOES NOT MEAN YOU WON'T GET SICK LATER!

The sample may have been collected very early in your infection period and you could test positive later.

Negative results do not release an individual from quarantine or isolation.