Isolation Instructions

**Person with Covid (PWC)**

- **Covid-19 Illness** or **Severely Immunosuppressed**
- Stay home and away from others for at least 5 days.
- If you have a fever after 5 days, continue to stay home until your fever is gone.
- Wear a tight-fitting mask around others for 5 more days.
- If unable to wear a mask, then MUST isolate for 10 full days.

**Exposed Contact (EC)**

- **Severe COVID-19 Illness** or **Severely Immunosuppressed**
- Stay home and away from others for at least 10 days.
- Check with your health care provider on when to discontinue your isolation.

Exposed Contact Instructions

ALL EXPOSED CONTACTS (Regardless of Vaccination Status)

- Quarantine is no longer recommended if you have been exposed or had close contact with someone with COVID-19.
- You should wear a well-fitting mask for 10 days. If unable to wear a tight-fitting mask, then you MUST stay home (quarantine) for 10 full days.
- You should get tested 5 days after last exposure. If living with the person who has Covid-19, the last day of exposure is the last day they have to stay home. If you test positive, you should follow the isolation instructions above.
- If you have, or start getting symptoms of Covid-19, you should stay home away from others and get tested immediately. If you test positive, you should follow the isolation instructions above.

Definitions:

**Isolation**: Person with Covid-19 staying home and away from others for 5 days to keep others from getting sick with Covid-19.

**PWC**: Person With Covid-19

**Severe Covid-19 illness**: Hospitalized in an ICU unit with or without mechanical ventilation (breathing tube down the throat).

**Severely immunosuppressed**: One or more of...
- Currently on chemotherapy for cancer
- Untreated HIV infection
- Combined primary immunodeficiency disorder
- Prednisone more than 20 mg per day for more than 14 days

**Quarantine**: Person who has been exposed to someone with Covid-19 staying home and away from others in case they develop symptoms and/or get Covid-19.

**Exposed Contact (EC)**: Person exposed to someone who has Covid-19

*If unable to wear a mask, MUST isolate or quarantine for 10 days.*