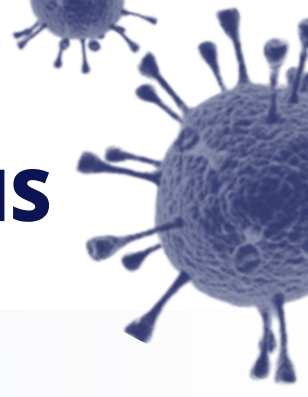




UPDATED GUIDANCE FOR PUBLIC HEALTH RESTRICTIONS



IF YOU ARE A COVID-19 CASE

Everyone, regardless of vaccination status:

- Isolate at home for 10 days

OR

- Isolate at home for 5 days and wear a well-fitting face mask for days 6-10

- For counting days of public health restrictions, day of symptom onset/test date is considered day zero.

- Do not leave the home if you do not have symptom improvement and resolution of fever for at least 24 hours.

- Fever reduction must be accomplished without the use of fever reducing medications.

IF YOU ARE A CONTACT TO SOMEONE WITH COVID-19

To verify if you are a contact, see [COVID-19 Exposure Flow Chart](#)

- Quarantine at home for 10 days

OR

- Quarantine at home for 5 days and wear a well-fitting face mask for days 6-10

OR

- Wear a well-fitting face mask for 10 days

-For counting days of public health restrictions, day zero is considered the date of last exposure.

- If the case lives in the home of the contact, the date of last exposure would be last exposure to the household case while the case is still infectious (generally 10 days). This could result in 20 days of public health restrictions.

- Public health restrictions for contacts may be reduced to 7 days after last exposure if the contact has a negative viral test at least 5 days after exposure. This test must be taken or proctored by a healthcare provider.