

ISOLATION GUIDANCE

(for those who test positive for COVID-19 or have COVID-19 symptoms)

If you test **POSITIVE** for COVID-19 or have COVID-19 symptoms

(regardless of vaccination status)



- Date of symptom onset (if symptomatic)
- Date of positive test (if asymptomatic)



- Stay home except to get medical care
- Isolate from other household members and animals
- Wear a face mask around others
- Avoid sharing household items



- If you have **no symptoms**, or your **symptoms are resolving**, AND you have **no fever**, then you may leave isolation
- You **MUST wear a well-fitting mask** around others for the remainder of the 10 days

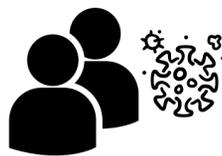
- Do not travel during isolation, and avoid travel during Day 6 to Day 10.
- Do not go to places where you are unable to mask (like restaurants, gyms, etc.) and avoid eating around others.
- Avoid being around individuals who are at high risk

CONTACT GUIDANCE

(for those exposed to COVID-19)

If you were **EXPOSED** to COVID-19

(regardless of vaccination status)



Date of exposure



Through **Day 10** you should:

- Wear a well-fitted mask
- Watch for symptoms
- Avoid travel
- Avoid being around people who are high risk



Get tested on or after Day 6

- Day 0 is considered to be the date of last exposure
- You must wear a mask at home and in public for 10 full days
- Get tested at least 5 full days AFTER your last date of exposure (on or after Day 6)
- If you develop symptoms get a test and isolate immediately
- Avoid travel for 10 full days
- Avoid being around individuals who are at high risk of developing severe illness
- Do not go to places where you are unable to mask (like restaurants, gyms, etc.) and avoid eating around others.

See the full CDC recommendations by visiting:

www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

*To see the current vaccine recommendations, please go to:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

or use the QR code provided on the left

QUESTIONS OR CONCERNS?

Visit dekalbhealth.net or call **404-294-3700** or e-mail at dekalb.covid19@dph.ga.gov

