

COVID GUIDELINES 2022

When to Stay Home



If you were EXPOSED to COVID-19 and ARE NOT UP-TO-DATE on COVID-19 vaccinations

DAYS 1-5



Stay Home

Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

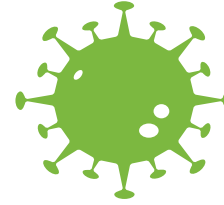
DAY 5



Get Tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

DAYS 5-10



Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and get tested.

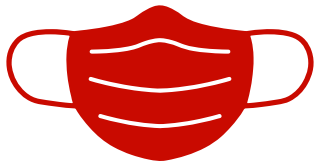
Continue to stay home until you know the results. Wear a well-fitted mask around others.

Wear a Mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

If you were EXPOSED to COVID-19 and ARE UP-TO-DATE* on COVID-19 vaccinations

DAYS 1-10



Wear a Mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

DAY 5



Get Tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

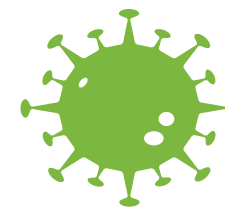
DAYS 1-5



No Quarantine

You do not need to stay home **unless you develop symptoms.**

DAYS 6-10



Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

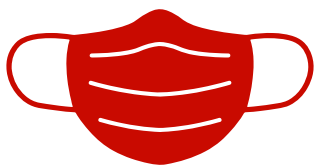
If you WERE EXPOSED to COVID-19 and HAD CONFIRMED COVID-19 within the past 90 days
(you tested positive using a viral test)

DAYS 1-10



No Quarantine

You do not need to stay home
unless you develop symptoms.



Wear a Mask

Wear a well-fitted mask for 10 full days any time
you are around others inside your home or in
public. Do not go to places where you are unable
to wear a mask.

DAYS 6-10



Watch for symptoms

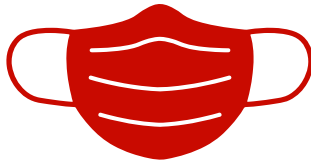
Watch for symptoms until 10 days after you last
had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and get tested.
Continue to stay home until you know the results.
Wear a well-fitted mask around others.

If you TESTED POSITIVE for COVID-19 or have symptoms, REGARDLESS OF VACCINATION STATUS

DAYS 1-10



Wear a Mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

DAYS 1-5



Stay Home

Stay home and [isolate](#) from others in your home for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.

ENDING ISOLATION



If you had Symptoms

[End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

If you had NO Symptoms

[End isolation after at least 5 full days](#) after your positive test.

If you were SEVERELY ILL with COVID-19

You should isolate for at least 10 days.
[Consult your doctor before ending isolation.](#)

Additional Information

CALCULATING QUARANTINE

Day 0

is considered the date of your exposure

Day 1

is the first full day after your last contact with a person who has had COVID-19.

Stay home and away from other people for at least 5 days.

[Learn why CDC updated guidance for the general public.](#)

CALCULATING ISOLATION

Day 0

is your first day of symptoms or a positive viral test.

Day 1

is the first full day after your symptoms developed or your test specimen was collected.

If you have COVID-19 or have symptoms, isolate for at least 5 days.