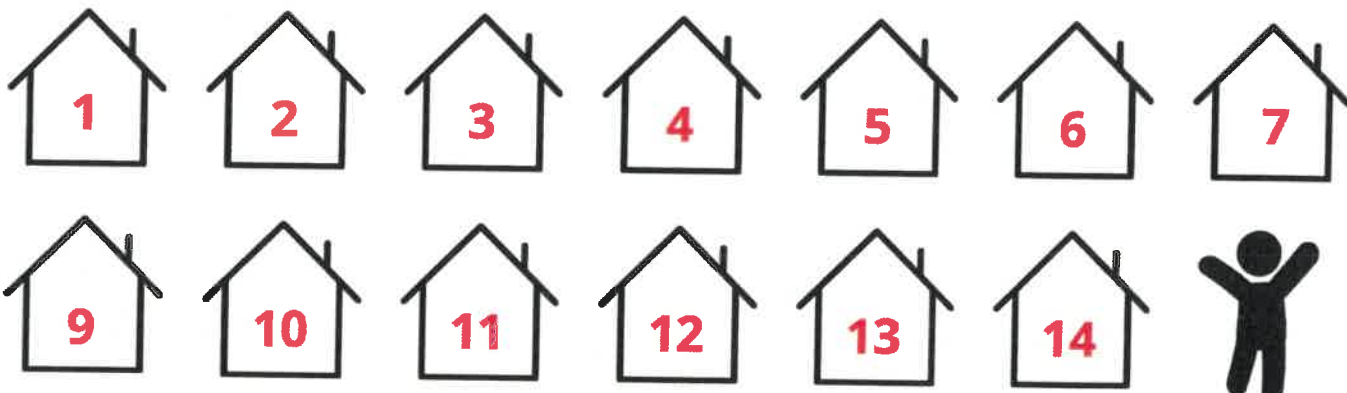


Quarantine for COVID-19

14 day quarantine is the SAFEST and BEST way to prevent the spread of COVID-19!



Day 0
Exposure



STAY HOME AND AWAY
FROM OTHERS
FOR 14 DAYS!

Day 15: return
to normal
activities!



If you develop symptoms at any time
during the 14 Days:

Stay at home and separate from others. You will need to be
in isolation until you can answer **YES** to all **THREE**:

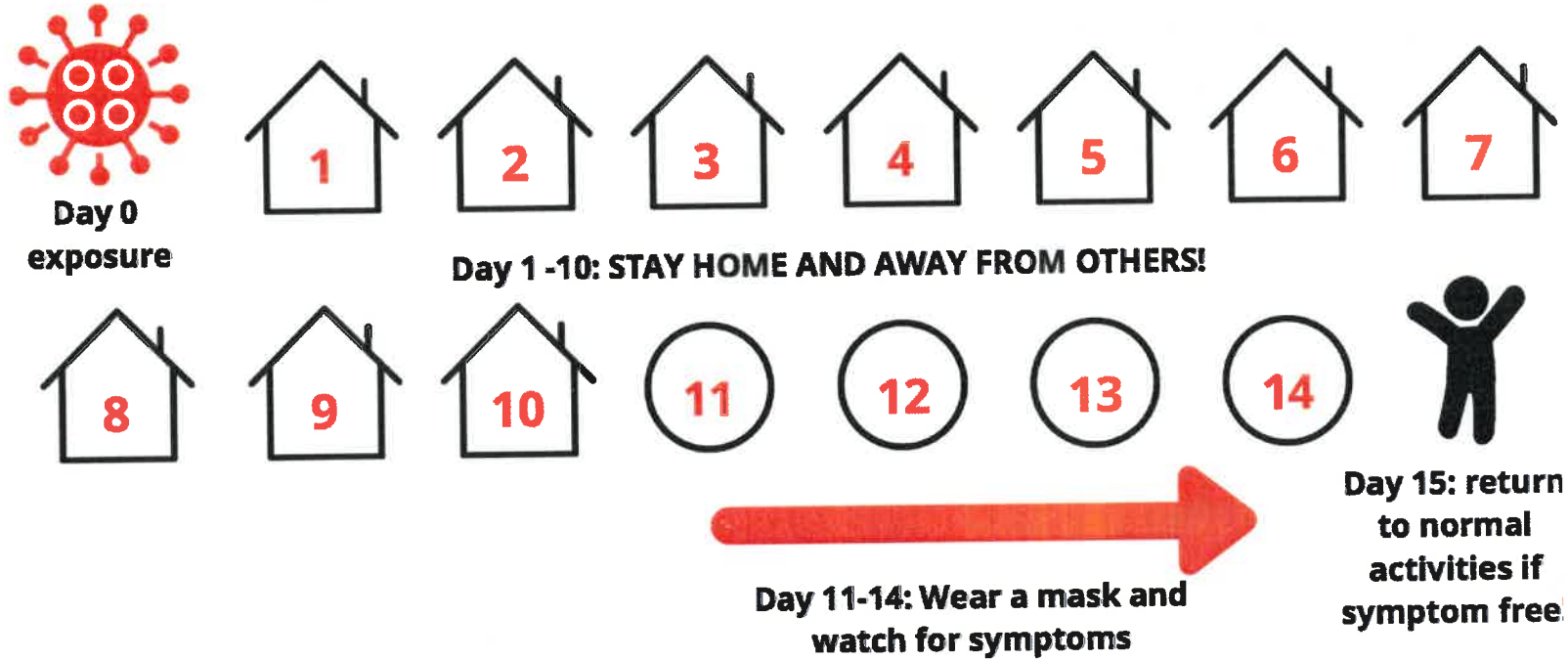
- At least 10 Days since symptoms first appeared **AND**
- At least 24 hours with no fever without fever-reducing medication **AND**
- Other symptoms of COVID-19 are improving

Call your healthcare provider and get TESTED!

If you remain symptom free, here are two options for people WITHOUT symptoms...

Option 1: 10 Day Isolation at Home

If you are symptom free for 10 Days, you may resume activities on Day 11. It is best to limit activities and exposure to others until Day 14.



Option 2: 7 Day Isolation at Home

If you are symptom free for 7 Days AND have a COVID-19 test on Day 5 (or after) and test is negative, you may resume activities on Day 8. It is best to limit activities and exposure to others until Day 14.

