WHAT TO DO WHEN YOU ARE COVID-19 POSITIVE, SICK, OR ARE AN EXPOSED CLOSE CONTACT OF SOMEONE WHO IS COVID-19 POSITIVE OR SICK DURING THE NATIONAL COVID-19 EMERGENCY

DAY	PERSON A	PERSON B	PERSON C	PERSON D
01	COVID-19 POSITIVE with or without symptoms, triggers 10-day **isolation** for self and 14 days quarantine for contacts.	Starts quarantine.	Starts quarantine.	Starts quarantine but cannot isolate from the other sick persons in the home. Stays on quarantine until 14 days AFTER the LAST day of isolation of the sick person(s) in the home.
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10		Develops symptoms and starts 10-day count on **isolation**. Household contacts **restart** quarantine.		
11	Ends isolation if no fever x 3 days and symptoms improving			
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13		Ends isolation if no fever x 3 days and symptoms improving		
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15			No symptoms, ends quarantine.	
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27				No symptoms, ends quarantine.

Isolation = stay in your own room, use your own bathroom, wash or disinfect hands and wear a mask if going out of your room to a shared bathroom or to go outdoors. Disinfect shared bathroom after use. Disinfect all shared surfaces, including door knobs, in home.

Quarantine = stay in your own home, social distance (stay 6 feet away) within the home, disinfect commonly touched surfaces. No visitors. Unattended deliveries only. Wash hands frequently. If you must care for an ill child or elder, all persons over 2 yo should wear a mask during close contact.

In all cases, it is ok to go outside your own home in your own yard if you can be away from other people if local laws allow.

In **no case**, under isolation or quarantine, is it ok for you to go out in public, not even one last time to stock up on groceries. Please arrange for someone drop items off for you on your doorstep. (Exceptions with rules granted for essential workers on quarantine.)

Close contact = Household member, Intimate partner, Individual providing care in a household without using recommended infection control precautions, Individual who has had close contact (< 6 feet) for more than 5 minutes. **Exposure** is defined as contact within 48 hours of the sick person developing symptoms until they meet criteria to stop isolation.

Symptoms = any of the following not explained by a doctor to be due to any other disease: fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, chest congestion, body aches, severe fatigue, loss of sense of smell.

Alternative/atypical symptoms that could be COVID-19 if not otherwise explained: diarrhea, abdominal pain, headache

Chart adapted from sources in the UK using information from the CDC, updated as of 4/30/2020.