



# COVID-19 Isolation and Quarantine Guidance

Updated 1/25/2022

## Positive COVID-19 Test Result → You must ISOLATE

**Everyone, regardless of vaccination status.**

- Stay home for five (5) full days after your symptoms began.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
  - If you have a fever, stay home until it resolves.
- Continue to wear a mask around others for five (5) additional days.

## Exposed to Someone with COVID-19 → You may need to QUARANTINE

**If you:**

- Are NOT up-to-date on your COVID-19 vaccinations, meaning:
  - You are unvaccinated,
  - You are not fully vaccinated, OR
  - You received the Pfizer or Moderna vaccine at least 5 months ago, or the Johnson & Johnson vaccine at least 2 months ago, and have not yet received a booster dose.

**You must:**

- Stay home for five (5) full days after your last exposure.
- After that, continue to wear a mask around others for five (5) additional days.
  - If you cannot quarantine, you must wear a mask for 10 days.
- Test on Day 5, if possible.

*If you develop symptoms, get a test and stay home.  
For test info: [www.RacineCoronavirus.org](http://www.RacineCoronavirus.org)*

**If you:**

- Are up-to-date on your COVID-19 vaccinations (meaning you are fully vaccinated, AND if eligible for a booster dose, have received it),

**OR**
- Had COVID-19 within the last 90 days (tested positive with a viral test).

**You must:**

- Wear a mask around others for 10 full days from your last exposure.
- Avoid travel and individuals who are at high risk of serious illness.
- Test on Day 5, if possible.

*If you develop symptoms, get a test and stay home.  
For test info: [www.RacineCoronavirus.org](http://www.RacineCoronavirus.org)*

**CDC Quarantine and Isolation Guidance:**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>



**CDC COVID-19 Vaccine Guidance:**

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

