

## Appendix F: Quarantine

### When to Stay Home

#### Calculating Quarantine

The date of your exposure is considered day 0. **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.](#)

**IF YOU**  
Were exposed to COVID-19 and are **NOT up-to-date on COVID-19 vaccinations**

**Quarantine for at least 5 days**

**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.

**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.

**After quarantine**

**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.

**Take precautions until day 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.

**Avoid travel**

**Avoid being around people who are at high risk**

**IF YOU**  
Were exposed to COVID-19 and are **up-to-date with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**

**No quarantine**

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

**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

**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.

**Take precautions until day 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.

**Avoid travel**

**Avoid being around people who are at high risk**

The information above is from: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#end-isolation-symptoms> (updated Jan 9, 2022). It does not reflect quarantine exemptions from school discussed in Section II of this SOP.

## Appendix G: Isolation

### 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.

**IF YOU  
Tested positive  
for COVID-19 or  
have  
symptoms,  
regardless of  
vaccination  
status**

#### **Stay home for at least 5 days**

Stay home for 5 days and isolate from others in your home.

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.

#### **Ending isolation if you did NOT have 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.

#### **Take precautions until day 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.

##### **Avoid travel**

**Avoid being around people who are at high risk**

The information above is from: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#end-isolation-symptoms> (updated Jan 9, 2022).