

# ISOLATION GUIDANCE

(for those who test positive for COVID-19 or have COVID-19 symptoms)

If you test **POSITIVE** for COVID-19 or have COVID-19 symptoms

(regardless of vaccination status)



- Date of symptom onset (if symptomatic)
- Date of positive test (if asymptomatic)



- Stay home except to get medical care
- Isolate from other household members and animals
- Wear a face mask around others
- Avoid sharing household items



- If you have **no symptoms**, or your **symptoms are resolving**, AND you have **no fever**, then you may leave isolation
- You **MUST wear a well-fitting mask** around others for the remainder of the 10 days

- Do not travel during isolation, and avoid travel during Day 6 to Day 10.
- Do not go to places where you are unable to mask (like restaurants, gyms, etc.) and avoid eating around others.
- Avoid being around individuals who are at high risk
- If you live in a congregate setting or are severely ill with COVID-19, you must isolate for 10 full days

# QUARANTINE GUIDANCE

(for those exposed to COVID-19)

If you were **EXPOSED** to COVID-19 and...

- you are **NOT** up to date with vaccine recommendations\*
- OR**
- are unvaccinated

- you **ARE** up to date with vaccine recommendations (including booster/additional doses)\*
- OR**
- Tested positive for COVID-19 and have recovered in the past 90 days

*NOTE: If it has been <14 days since you completed your vaccine series, please follow the guidance for unvaccinated individuals*



Date of exposure



Stay home and wear a mask around others



Get tested



- Watch for symptoms
- Wear a well-fitted mask
- Avoid travel
- Avoid being around people who are high risk

- Day 0 is considered to be the date of exposure
- If you can't quarantine, you must wear a mask at home and in public for 10 days
- If you develop symptoms get a test and isolate immediately
- Avoid travel for 10 days
- Avoid being around individuals who are at high risk
- Do not go to places where you are unable to mask (like restaurants, gyms, etc.) and avoid eating around others.
- If you live in a congregate setting you must quarantine for 10 full days
- If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have no symptoms and follow the above guidance.



Date of exposure



Wear a well-fitted mask, watch for symptoms, avoid travel and being around others who are high risk for 10 days and get tested on Day 5



- Day 0 is considered to be the date of exposure
- Get tested on Day 5 UNLESS you tested positive for COVID-19 and have recovered in the past 90 days
- If you develop symptoms get a test and isolate immediately
- Avoid travel for 10 days
- Avoid being around individuals who are at high risk
- Do not go to places where you are unable to mask (like restaurants, gyms, etc.) and avoid eating around others.
- If you live in a congregate setting you must quarantine for 10 full days, regardless of vaccination and booster status

See the full CDC recommendations by visiting:  
[www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

\*To see the current vaccine recommendations, please go to:  
[www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html)  
 or use the QR code provided on the left

**QUESTIONS OR CONCERNS?**

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