

ISOLATION & QUARANTINE GUIDELINES

If you have symptoms of COVID-19, if you test positive for COVID-19, or if you were exposed to someone with COVID-19, you need to take steps to avoid getting other people sick. Follow these guidelines to know what to do. The following guidelines apply to the general population. Isolation and quarantine guidelines for schools, congregate living settings, and certain workplaces are different. Get more details at www.whatcomcounty.us/covid.

If you **TEST POSITIVE** for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days. Notify your close contacts.
- After 5 days if you have had no symptoms or your symptoms have gone away, you can end isolation.
- Keep wearing a mask around others, including your household members for 5 more days.
- If you still have symptoms, keep isolating until day 10 or until symptoms have resolved for 24 hours.

If you **HAVE SYMPTOMS** of COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Get tested as soon as possible.
- Stay home and away from others to avoid getting them sick.
- If you cannot get tested right away, keep isolating.

If you **WERE EXPOSED** to someone with COVID-19 or tested negative after experiencing symptoms (Quarantine)

If you:

Are fully vaccinated and had a booster

OR

Finished your series of Pfizer or Moderna in the last 6 months

OR

Finished your series of J&J in the last 2 months

- You do not have to quarantine.
- You must wear a mask around others, including household members, for 10 days.
- Get tested on day 5 after your exposure, if possible.

If you develop symptoms of COVID-19, get tested and stay home.

If you:

Are unvaccinated or not fully vaccinated

OR

Finished your series of Pfizer or Moderna more than 6 months ago and are not boosted

OR

Finished your series of J&J more than last 2 months and are not boosted

- Stay home for 5 days.
- If you don't develop any symptoms after 5 days, you can end quarantine. Keep wearing a mask around others for 5 more days.
- Get tested on day 5 after your exposure, if possible.

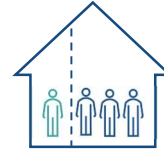
If you develop symptoms of COVID-19, get tested and stay home.

Quarantine



What is the difference?

Isolation



Who:

- Any unvaccinated or not fully vaccinated individual exposed to a known COVID-19 case but does not have symptoms.

How:

Stay home and avoid contact with anyone who is not a household member.

How long:

A 5-day quarantine is required for unvaccinated individuals. Time starts on the last day of exposure.



Should I get tested?

- Individuals should get tested for COVID-19 3-5 days after exposure.
- If unvaccinated individuals in quarantine develop symptoms, they should get tested for COVID-19 as soon as possible.

If an unvaccinated individual in quarantine tests positive for COVID-19 a 5-day **ISOLATION** begins on the day symptoms started. → → →

Who:

- Any individual that tests positive for COVID-19.
- Anyone that has symptoms of COVID-19.
- Vaccinated or unvaccinated until tested negative.

How:

Stay home avoid contact with others, including household members. Stay in a separate room and use a separate bathroom if possible.

How long:

A 5-day isolation required for individual who tests Positive for COVID-19. Isolation begins on the day of onset of symptoms or positive test.



At the end of 5 days if symptoms have resolved for more than 24 hours, you may leave the house but must mask until day 10. **If the individual still has symptoms, keep isolating until day 10 or until symptoms have resolved for 24 hours.**