

# COVID-19 guidance

## ISOLATION AND QUARANTINE Guidance

Updated on 3/11/2022

### IF/WHEN YOU TEST POSITIVE FOR COVID-19

**Yes, Isolate!**

**Everyone, regardless of vaccination status:**

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



### IF/WHEN YOU ARE EXPOSED TO SOMEONE WITH COVID-19

**NO quarantine if you are personal or household contact:**

- Monitor symptoms for 10 days.
- Wear a mask around others for 10 days after exposure.
- Test 3-7 days after exposure or if symptoms develop.
- Avoid unmasked activities, especially around vulnerable individuals.

**NO quarantine if exposed in community, work or social setting:**

- Monitor symptoms for 10 days.
- Test if symptoms develop.
- Consider masking around others for 10 days, especially around vulnerable individuals.

**If you test positive for COVID-19, visit [mySaginawHealth.org](https://mySaginawHealth.org) to confidentially provide personal information online and avoid a phone call from the health department to complete your COVID-19 case investigation.**