





# Quarantine & Isolation Cheat Sheet

Use this cheat sheet to explain the isolation/quarantine/testing requirements to employees depending on their various situations and vaccination status.

Who:	What:	Additional Testing:	Return to Routine:
 <p><b>#1: The Case</b> (Vaccinated or Unvaccinated)</p> <p>A person who has tested positive for COVID-19, or who has symptoms (regardless of their vaccination status)</p>	<p>Must <u>isolate/separate</u> from people who do not have COVID-19.</p> <ul style="list-style-type: none"> <li>• <b>Stay at home</b> (except to seek medical care) until it's safe to be around others</li> <li>• <b>Stay away from others</b> while at home, including staying in a separate room, not eating meals with other people, avoiding physical contact with household/pets</li> <li>• <b>Wear a mask</b> if you have to be around others</li> <li>• <b>Do not share</b> unwashed personal household items (e.g., cups, utensils)</li> <li>• <b>Monitor symptoms</b></li> <li>• <b>Call 911</b> if you have a medical emergency (e.g., trouble breathing, chest pain)</li> </ul>	<p><b>No additional testing.</b></p> <p>Person has already been tested and confirmed to have COVID-19.</p>	<p><b>You can return to routine activities when all the following conditions are met:</b></p> <ul style="list-style-type: none"> <li>• <b>10 days have passed</b> since symptoms first appeared* <b>and</b></li> <li>• <b>24 hours with no fever</b> without use of fever-reducing medications; <b>and</b></li> <li>• <b>Symptoms have improved</b> or resolved.</li> </ul> <p><i>* If you never developed symptoms, you can stop isolation after 5 days after your COVID-19 test was collected, followed by 5 days of wearing a mask when around others.</i></p>

Who:	What:	Additional Testing:	Return to Routine:
 <p><b>#2a: Close Contact, Non-Household (Unvaccinated):</b></p> <p>A person who has been within 6 feet of the Case for a combined total of at least 15 minutes over a 24-hour period*</p> <p><i>* Starting 2 days before the Case became ill or tested positive for COVID-19.</i></p>	<p><b>Must <u>quarantine/stay home</u> and avoid other people for 5 days.</b></p> <ul style="list-style-type: none"> <li>● <b>Remain at home in quarantine for 5 days</b>, even if you test negative.</li> <li>● <b>Stay away from others</b> in the household, especially those who are at higher risk for getting very sick from COVID.</li> <li>● <b>Wear a mask</b> if you have to be around others.</li> <li>● <b>Monitor symptoms</b> for 14 days after last contact with the Case. If you develop symptoms, get tested again and immediately self-isolate.</li> </ul>	<p><b>Get tested immediately</b>, even if you don't have symptoms.</p> <p><b>Get tested again in 5-7 days after last contact</b> with the Case (if initial test was negative), or immediately self-isolate if symptoms develop.</p>	<p><b>You can return to routine activities when all the following conditions are met:</b></p> <ul style="list-style-type: none"> <li>● <b>5 days have passed since the last close contact</b> with the person with COVID-19 <b>and</b></li> <li>● <b>No symptoms</b></li> </ul> <p><b>However, the CDC recommends strict mask use for 5 days following your quarantine.</b></p>
<p><b>#2b: Close Contact, Non-Household (Vaccinated):</b></p>	<p><b>Don't need to quarantine if you don't have symptoms</b></p> <ul style="list-style-type: none"> <li>● <b>Monitor symptoms</b> for 14 days after last contact with the Case. If you develop symptoms, get tested again and immediately self-isolate.</li> </ul>	<p><b>Get tested again in 5-7 days after last contact</b> with the Case (if initial test was negative), or immediately self-isolate if symptoms develop.</p>	<p><b>N/A</b></p>

Who:	What:	Additional Testing:	Return to Routine:
 <p><b>#3a: Close Contact, Household (Unvaccinated*):</b></p> <p>A person who lives in the same house and has ongoing contact with the Case.</p> <p><i>* Or, a person who is 6 mos from 2nd Moderna/Pfizer shot, or 2 mos from J &amp; J shot</i></p>	<p><b>Must <u>quarantine/stay at home</u> while the Case is in isolation <u>AND</u> for an additional 5 days after that if unable to avoid contact with the Case (e.g., living in the same house with no separate bedroom, bathroom, and living space, etc.)</b></p> <ul style="list-style-type: none"> <li>• <b>Remain at home in quarantine for 5 days</b>, even if you test negative.</li> <li>• <b>Stay away from others</b> in the household, especially those who are at higher risk for getting very sick from COVID.</li> <li>• <b>Wear a mask</b> if you have to be around others.</li> <li>• <b>Monitor symptoms</b> for 14 days after last contact with the Case. If you develop symptoms, get tested again and immediately self-isolate.</li> </ul>	<p><b>Get tested immediately</b>, even if you don't have symptoms.</p> <p><b>Get tested again in 5-7 days after last contact</b> with the Case (if initial test was negative), or immediately self-isolate if symptoms develop.</p>	<p><b>You can return to routine activities when all the following conditions are met:</b></p> <ul style="list-style-type: none"> <li>• <b>The Case has finished isolating <u>and</u></b></li> <li>• <b>5 days have passed</b> since last close contact with the person with COVID-19 <u>and</u></li> <li>• <b>No symptoms</b></li> </ul> <p><b>However, the CDC recommends strict mask use when around others for 5 days following your quarantine.</b></p>
<p><b>#3b: Close Contact, Household (Vaccinated):</b></p>	<p><b>You don't need to quarantine if you don't have symptoms</b></p> <ul style="list-style-type: none"> <li>• <b>Monitor symptoms</b> for 14 days after last contact with the Case. If you develop symptoms, get tested again and immediately self-isolate.</li> </ul>	<p><b>Get tested again in 5-7 days after last contact</b> with the Case (if initial test was negative), or immediately self-isolate if symptoms develop.</p>	<p><b>N/A</b></p>

Who:	What:	Additional Testing:	Return to Routine:
 <p><b>#4: Close Contact of Close Contact</b> (Vaccinated or Unvaccinated)</p> <p>A person who lives with or has been in contact with a Close Contact but has had no contact with the Case.</p>	<p>You don't need to quarantine if you don't have symptoms.</p>	<p>You don't need to test if you don't have symptoms.</p>	<p>N/A</p>