

Guidelines if you were *exposed to COVID-19* and you are *NOT Up-To-Date* on COVID-19 Vaccinations

Definition of “Close Contact Exposure”

- You are a **close contact** if you were less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Definition of “Up-To-Date” on COVID-19 Vaccinations

- For Pfizer or Moderna vaccines, this means it has been more than 2 weeks and less than 5 months since your 2nd dose OR you have received your booster dose.
- For the J&J vaccine, this means it has been more than 2 weeks and less than 2 months since your 1st dose OR you have received your booster dose.

Recommendations:

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, wear a well-fitted mask.
- **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.
- **Calculating Quarantine**
 - The date of your exposure is considered Day 0.
 - Day 1 of quarantine is the first full day AFTER your last contact with a person who has had COVID-19.
- ***If you or your child cannot effectively and consistently wear a mask, then the quarantine period is 10 days NOT 5 days***

After Quarantine

- **Wear a well-fitted mask**
 - Wear a well-fitted mask for 10 full days following your exposure 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.
- **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.
 - Get tested - we recommend testing 24 hours after your symptoms develop.
 - Continue to stay home and isolate until you know your test results.
- **Avoid Travel for 10 days after your exposure**
- **Avoid being around people who are high risk for 10 days after your exposure**