

# Have you been exposed to or tested positive for COVID-19?

If you have tested  
**POSITIVE FOR COVID-19**  
and have **SYMPTOMS**:

Isolate for

**10**

**DAYS** from the  
date symptoms began.

- If symptoms fully resolve, isolation may be shortened and end after day 5 on the first day without symptoms.
- Wear a well-fitting face mask for 10 full days since the start of symptoms. Isolation should not be shortened if a mask cannot be worn properly and consistently.

If you have tested  
**POSITIVE FOR COVID-19**  
and have  
**NEVER HAD SYMPTOMS**:

Isolate for

**5**

**DAYS** from the  
date you had your test done.

- Wear a well-fitting face mask for 5 additional days.
- Isolation should be extended to 10 days if a mask cannot be worn properly and consistently.

If you have been in  
**CLOSE CONTACT**  
with someone diagnosed with  
COVID-19 :

Monitor Symptoms for

**10**

**DAYS** from  
your last exposure.

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 days from your last exposure when in public places.
- Stay home and get a test if symptoms develop.
- Get a test 5 or more days after exposure.

The best protection against COVID-19 is to stay up to date with recommended COVID-19 vaccines, including any booster dose(s) when eligible.

To find a COVID-19 vaccine or booster near you: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829 or call 1-800-232-0233.