

COVID-19 Isolation & Quarantine Guidelines

ISOLATE



I tested positive for COVID-19, now what?

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are improving significantly 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 is gone.



Start of Symptoms or Tested Positive

SUN	MON	TUES	WED	THUR	FRI	SAT
	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	+	🏠	🏠	🏠	🏠	🏠

SUN	MON	TUES	WED	THUR	FRI	SAT
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10		
👤	👤	👤	👤	👤		



Symptom Free

For additional information, visit:

www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

OR Scan the QR code with your phone's camera.



QUARANTINE

I was exposed to someone with COVID-19, now what?



If you: Are up to date with COVID-19 vaccines (boosted)

OR Completed the primary series of Pfizer or Moderna vaccine within the last 6 months (fully vaccinated)

OR Completed the primary series of J&J vaccine within the last 2 months (fully vaccinated)

- Wear a mask around others for 10 days
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

If you: Are unvaccinated

OR Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR Completed the primary series of J&J over 2 months ago and are not boosted

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

For questions or more information, call the Dubuque County COVID-19 Hotline:

563-556-6200

Available Monday - Sunday, 8 a.m. - 6 p.m.



www.dubuquecounty.org/covid19