COVID-19 SYMPTOMS OR TESTED POSITIVE:

KNOW WHEN YOU CAN BE AROUND OTHERS

COVID-19 SYMPTOMS OR A POSITIVE COVID-19 TEST SHOULD BE TREATED THE SAME REGARDLESS OF VACCINATION STATUS.

Take the following actions*:

- Wear a well-fitting, high-quality mask such as a surgical mask under a cloth mask or a KN95 for an additional 5 days after isolating. If you are unable to wear a mask, you should follow the 10-day isolation recommendation.

- Avoid travel until a full 10 days after your first day of symptoms or, if no symptoms, after your positive test.

A — I HAD COVID-19 SYMPTOMS

Most people can leave their "sick room" and home after all 3 of these things have happened:

✓ You haven't had a fever for at least 24 hours (without the use of medicine that reduces fevers),

AND

✓ Symptoms such as runny nose, congestion, headache, fatigue, cough, shortness of breath, body aches or other COVID-19 symptoms have improved.

AND

✓ At least 5 days have passed since symptoms started.

Day zero is when your symptoms started, then count from there.

B — I TESTED POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

Most people can leave their "sick room" and home after both of these things have happened:

✓ At least 5 days have passed since your positive COVID-19 test.

AND

✓ You don't develop any symptoms such as runny nose, congestion, headache, fatigue, cough, shortness of breath, body aches, or other COVID-19 symptoms since the test.

Day zero is the date the test was taken, so count from there.

IF YOU ARE IMMUNOCOMPROMISED, CHECK WITH YOUR DOCTOR BEFORE ENDING ISOLATION.

*Different quarantine or isolation procedures may apply in healthcare, critical infrastructure, congregate living, and K-12 settings. Check with your organization for additional guidance.

For alerts, text ALEXCOVID19 to 888777
Alexandria COVID-19 Hotline: 703.746.4988 Mon.-Fri. 9am-6pm

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EXPOSED TO COVID-19:

KNOW WHEN YOU CAN BE AROUND OTHERS

EXPOSURE IS WHEN YOU HAVE BEEN WITHIN 6 FEET OF A PERSON WITH COVID-19 FOR A TOTAL OF 15 MINUTES OR MORE OVER THE COURSE OF 24 HOURS.

Regardless of vaccination status, take the following actions*:

- Get tested 5 days after exposure, or immediately if you develop symptoms (even if you were negative on a previous test).

- Wear a well-fitting mask for 10 days when around others (public, home, and work or school and at social gatherings) after your last exposure to the sick person

- If you live with someone with COVID-19, stay separated from sick members in the household as much as possible. Avoid sharing the same space within the home, including being in the same room. Use a different bedroom or bathroom if that is possible.

A — I'm up to date on my COVID-19 vaccinations: I either had my booster before I was exposed or have been fully vaccinated (within the last 5 months with Pfizer or Moderna or J&J within last 2 months)

You don't need to stay home but you should:

✓ Monitor your symptoms for 10 days,

AND

✓ Get tested on day 5 and immediately if symptoms develop

Day zero is the most recent day you were exposed, so count from there.

* Different quarantine or isolation procedures may apply in healthcare, critical infrastructure, congregate living, and K-12 settings. Check with your organization for additional guidance.

B — I'm not up to date on my COVID-19 vaccinations: I'm fully vaccinated but haven't received my booster or I'm unvaccinated.

You need to stay home and quarantine for at least 5 days from your last date of exposure. You should:

✓ Monitor your symptoms for 10 days,

AND

✓ Get tested on day 5 and immediately if symptoms develop,

AND

✓ Wear a well fitting mask on day 6-10 of your quarantine

The positive case is in my household and I am not able to separate from them:

− Your 5 day quarantine starts on day the sick person can leave the house

Day zero is the most recent day you were exposed, so count from there.

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