When to Isolate or Quarantine

For the purposes of this chart, exposure means close contact or being within 6 feet of someone who has/likely has COVID-19 for **15 minutes or more in a 24-hour period while inside**. Also note: See below for steps to take based after a COVID-19 exposure.

	EXPOSURE		
Exposed person's status	Has tested positive for COVID-19 within the last 90 days (must be documented)	Up to date on COVID-19 vaccines*	**Not** up to date on COVID-19 vaccines* and asymptomatic**
To prevent spread	**NO QUARANTINE**	**NO QUARANTINE**	**QUARANTINE** Keep away from others
Actions that must be followed for 10 days **Day 0 = date exposed** **Day 1 = first full day after last contact**	Watch for **symptoms** around others at **school**, at **home**, and in **public** **Avoid** travel **Avoid** being around people who are at high risk **Isolate** and **test** if symptoms develop	Watch for **symptoms** around others at **school**, at **home**, and in **public** **Avoid** travel **Avoid** being around people who are at high risk **Isolate** and **test** if symptoms develop Consider testing after day 5	Stay home 5 days after last contact around others at **school**, at **home**, and in **public** Test after day **5**. If **negative** and still asymptomatic, **resume activities and return to school**

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*See CDC guidance for criteria

**If exposed at school and asymptomatic person may qualify for Test to Stay

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ISOLATION		
A person who	Tests positive for COVID-19, regardless of vaccine status	Has COVID-19 symptoms, regardless of vaccine status
to prevent spread	**Isolate** Keep separate from others	**Isolate** Keep separate from others
Actions that must be followed for 10 days Day 0 = Day symptoms start or day of positive test Day 1 = First full day after symptoms started or test was done	Stay home for 5 days and isolate from others **After 5 days resume activities and return to school*** if: • Asymptomatic (without symptoms) **OR** if symptomatic: • Fever-free without fever reducing medication for 24 hours and • Diarrhea/vomiting have ceased for 24 hours and • Other symptoms have significantly improved and around others at **home**, in **public**, and in **school** through day 10.	Stay home and isolate from others until: • Receiving a negative COVID-19 test result, at home test may or may not be accepted **OR** • Fever-free without fever reducing medication for 24 hours and • Diarrhea/vomiting have ceased for 24 hours and • Other symptoms have significantly improved • Consistent masking upon return through day 10 around others at **home**, in **public**, and in **school** through day 10.

*A clinical provider may determine that need a longer period of isolation is needed

as of 8/17/22

Adapted from: Revised Public Health IDPH and Quarantine and Isolation CDC