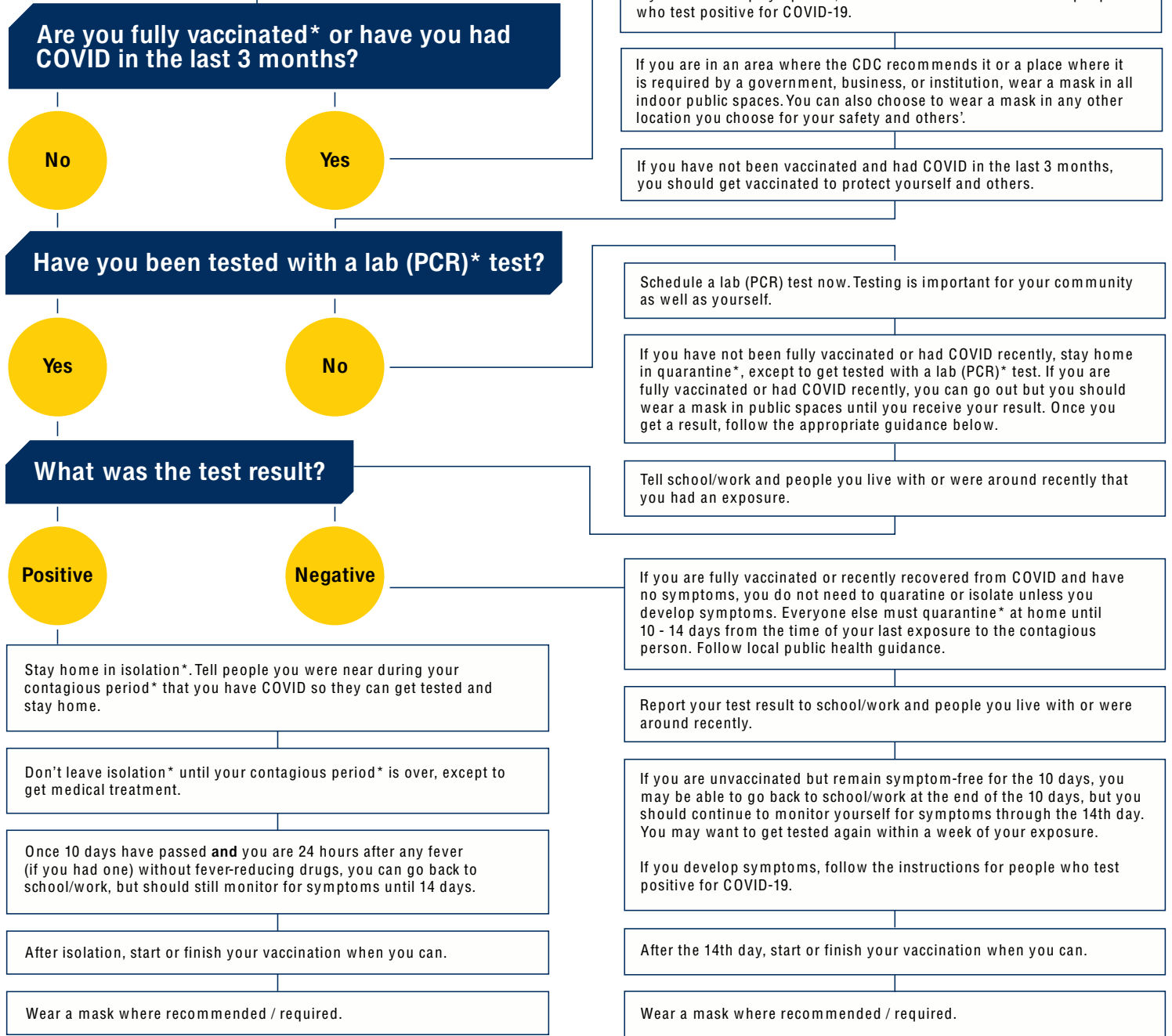




You've been exposed to COVID-19.

You had close contact, masked or unmasked, indoors or outdoors, with someone during their contagious period*.

Now what?



For more guidance from CDC on quarantining and isolating, visit: michmed.org/quarantine

Definitions (*)

The **contagious period** starts 2 days before a person's symptoms began, or 2 days before the day the person got tested, if their lab (PCR) test was positive and they have no symptoms. It lasts through the end of the 10th day after their symptoms started as long as their fever has been gone at least 24 hours without fever-reducing drugs. OR if they have no symptoms, it lasts 10 days after the day of the lab (PCR) test that came back positive.

Quarantine - Stay home to wait for test results and the end of a post-exposure period.

Isolation - Stay home and avoid others, even the people you live with. Stay in a closed room, wear a mask to use the bathroom, have people leave food, drinks, and medicine at your door, and don't leave home except for testing/medical care.

Lab (PCR) tests take several days to return results, but are more accurate in the early days of infection than rapid antigen tests which take minutes. A positive result on a rapid test should **always** be followed up immediately with a lab (PCR) test.

"Fully vaccinated" - At least 14 days after a 1-dose vaccine or the second dose of a 2-dose vaccine.

