

Quarantine Guidance After Exposure

If you are unvaccinated OR not boosted
(>6 months after mRNA series, >2 months after J&J)

5 + 5



5 days of quarantine & 5 days of strict mask wearing
Important to test on day 5 : If positive, move to isolation

If you are vaccinated AND boosted

10



10 days of strict mask wearing
Important to test on day 5 : If positive, move to isolation

Isolation Guidance After Positive COVID-19 Test

If you are Asymptomatic
(and do not develop symptoms)

5 + 5



5 days of isolation & 5 days of strict mask wearing

If you are Symptomatic

10



10 days of isolation