



Behavioral Intervention Psychological Services PC ®

**POSITIVE COVID-19 TEST *and I am fully vaccinated or boosted***

*(Boosted or completed 1 dose of J&J or 2 doses of Pfizer/Moderna vaccine at least 2 weeks before the day they become symptomatic or, if asymptomatic, the day of collection of the first positive specimen)*

What to do

- **Quarantine at home for 5 days**
  - If asymptomatic, Day 0 of 5 day quarantine period is the date of the test
  - If symptomatic, Day 0 of 5 day quarantine period is the date when symptoms began
- **After 5 days**, you may leave home quarantine only if all of the following conditions are met:
  - Asymptomatic or only has mild symptoms with symptoms resolving
  - You are not moderately or severely immunocompromised
  - You consistently and correctly wear a well-fitting face mask at all times when around others for at least 5 days after quarantine
    - The mask must fit without any air gaps around the edges
    - A higher level mask such as a KN95 is recommended, woven (cloth) mask discouraged
- Further testing is not required
- If symptoms are on-going and not resolving after 5 days, stay in quarantine for at least the full 10 day period, and if symptoms continue after that point further medical/sick leave maybe be required depending on the severity of symptoms, therefor follow the quarantine advice of a doctor or as instructed by a DOH quarantine order.

**EXPOSURE TO COVID-19**

***Recently fully vaccinated, or fully vaccinated with booster***

*(Boosted OR received 2 doses Moderna or Pfizer, or one dose of J&J within AND 2 weeks since last dose or booster)*

What to do

**Asymptomatic:**

- Quarantine NOT necessary or required
- Well-fitting face mask should be worn at all times when around others for at least 10 days after last exposure
  - The mask must fit without any air gaps around the edges
  - A higher level mask such as a KN95 is recommended, woven (cloth) mask discouraged
- Testing not required, but PCR or Rapid Test recommended on fifth day after exposure
- If symptoms appear, get tested immediately and quarantine at home for 5 days from onset of symptoms and follow above guidelines for positive COVID-19 test unless test result is negative

**Symptomatic:**

- Get tested immediately
- Quarantine at home for 5 days from onset of symptoms and follow above guidelines for positive COVID-19 test unless test result is negative

***Unvaccinated, partially vaccinated, or not boosted***

*(Not boosted OR unvaccinated OR received one but not both doses of Moderna or Pfizer OR less than 2 weeks since last dose or booster)*

What to do

**Asymptomatic:**

- Quarantine at home for 5 days
  - Day 0 of 5 day quarantine period is the date of last exposure
- Well-fitting face mask should be worn at all times when around others for at least 10 days after last exposure
  - The mask must fit without any air gaps around the edges
  - A higher level mask such as a KN95 is recommended, woven (cloth) mask discouraged
- Testing not required, but PCR or Rapid Test recommended on fifth day after exposure
- If symptoms appear, get tested immediately and quarantine at home for 5 days from onset of symptoms and follow above guidelines for positive COVID-19 test unless test result is negative

**Symptomatic:**

- Get tested immediately
- Quarantine at home for 5 days from onset of symptoms and follow above guidelines for positive COVID-19 test unless test result is negative