



COVID-19: WHEN MUST I STAY HOME?

YOU MUST STAY HOME IF:

You are experiencing symptoms of COVID-19

- Fever or chills
- Cough
- Difficulty breathing or shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

You have a confirmed case of COVID-19

- With or without symptoms, if you have a laboratory confirmed case of COVID-19, you must stay home and isolate.

You live with someone who has COVID-19

- If someone in your household has COVID-19, you must quarantine for a period based off your last date of close contact with that person.
- *If you can isolate from that person, you must quarantine for 10 days from the last close contact.*
- *If you cannot isolate from them, you must quarantine for 10 days from when that person is no longer required to self-isolate (may require a quarantine of 20+ days)*

You were in close contact with someone who has COVID-19

- Close contact is currently defined by the CDC as: *Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.*