Isolation and Quarantine Guidelines

If you've been around someone who has COVID-19:

Are you up to date* with your COVID-19 vaccines?

YES

Days 0–5*
Wear a mask in public and at home.

NO

Days 1–5
Stay at home.

Days 6–10

Day 5
Get tested for COVID-19.

Day 6
How do you feel?

If negative, continue to wear a mask around others for 5 days.

If positive or feel sick, continue to stay at home.

If you test positive for COVID-19 or have symptoms:

Positive test result or symptoms begin.

Days 0–5
Isolate at home 5 days, even if you're vaccinated.

Day 6
How do you feel?

OK
Continue to wear a mask in public and at home.

SICK
Stay home until no more symptoms.

Days 6–10
Continue to stay away from other people.

* "Up to date" means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. Treat “Day Zero” as the first day you experienced symptoms. If you received a positive test but are asymptomatic, treat “Day Zero” as the day you tested positive.

www.orangecountync.gov/coronavirus

Graphic credit: Dakota County Public Health, MN