Should you quarantine or isolate?

After you talk with your healthcare provider, what should you do?

PUBLIC HEALTH
Prevent • Promote • Protect
BENTON-FRANKLIN HEALTH DISTRICT

Quarantine if you were **in close contact** to someone with COVID-19 and:

Are unvaccinated or **Need a booster**

Stay home for at least 5 full days after your last contact. Don't go to work. Avoid public places.

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Wear a mask near people for an additional 5 full days.

You don't need to quarantine if you are fully vaccinated and got your booster dose.

Get tested 5 days after your last contact.

Symptoms can appear 2–14 days after exposure.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing.
- Fatigue
- Muscle pain
- Headache
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea

Check your temperature twice a day and monitor for symptoms until 14 days after close contact.

If you get any COVID-19 symptoms, isolate and call your healthcare provider. ⟶

Isolate if you:

- Are **sick** with COVID-19 symptoms.
- Test **positive** for COVID-19.

Stay home until

☑ 24 hours after fever is gone without using medicine

AND

☑ Symptoms improve.

AND

☑ 5 full days after symptoms started or date tested if you don't have symptoms.

Don't go to work. Avoid public places.

Wear a mask near people for an additional 5 full days.

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If you live with others, set up a room where you won't be around people or pets. Use a separate bathroom if possible.

Call your healthcare provider immediately if your symptoms get worse.

Call 911 if you have a medical emergency.

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.

Participate in a public health interview.
Health Department staff may call to review instructions and answer questions.

Learn more and stay updated at covid19.bfhd.wa.gov

Rev. 3/3/2022