

What to do if you are a close contact of someone with COVID-19

- **Notify your employer or school** about your exposure to someone with COVID-19

If you are not vaccinated

- Monitor for symptoms for 14 days
- **Quarantine from sports**
 - 14 days with no test or
 - 10 days with a negative test on day 8 or later *



- **Quarantine from school** and community activities**



- 10 days with no test or
- 7 days with a negative test on day 5 or later*

**Check with your club / school to see if they allow shortened quarantine with a test*

*** Your school may offer other options for in-school exposures*



If you are fully vaccinated

- Monitor for symptoms for 14 days
- Get tested 5-7 days after exposure
- Wear a mask indoors in public places for 14 days or until you get a negative test
- You do not need to quarantine if you have no symptoms
- If you develop symptoms, isolate and get tested

If you previously tested positive for COVID-19 in the past 90 days

- Monitor for symptoms for 14 days
- You do not need to quarantine as long as you have no symptoms
- Testing is not recommended
- Wear a mask indoors in public places for 14 days
- If you develop symptoms, isolate and consult a doctor