



# WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

(AKA quarantine guidance/guidance for close contacts)

## CDC guidelines for the general population:

Note: if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.



See pages 3-4 to see how to count days after being exposed

### If you...

- are fully vaccinated and have gotten a booster, **OR**
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, **OR**
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, **OR**
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure.

### Then you should...

- Wear a well-fitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

### If you...

- are not vaccinated, **OR**
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, **OR**
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, **OR**
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

### Then you should...

- Stay home (quarantine) for 5 days. Then continue to wear a well-fitting mask around others for 5 more days.
- If you can't quarantine, you must wear a mask around others for 10 days. Keep activities to essential tasks only.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.



**A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.**

## Additional recommendations from the Benzie-Leelanau District Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- In high-risk, congregate settings (like long-term care facilities, jails, etc.) **or** if you are often around vulnerable populations (e.g., immunocompromised or elderly people)
  - Consider staying home/quarantining for a full 10 days after exposure

\*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.



# How to count quarantine or isolation days after testing positive or being exposed to COVID-19

## IF YOU TEST POSITIVE

| SUN   | MON   | TUE   | WED    | THU    | FRI   | SAT  |
|---|-------|-------|--------|--------|---|--|
| <p>You get a positive test result or start having COVID symptoms. Start isolation.</p> <p>Day 0</p> | Day 1 | Day 2 | Day 3  | Day 4  | <p>If you have no symptoms or if symptoms are resolving, this could be last day of isolation</p> <p>Day 5</p> | <p>If you have no symptoms or if symptoms are resolving, done with isolation*</p> <p>Day 6</p> |
| Day 7   | Day 8 | Day 9 | Day 10 | Day 11 | <p>*Continue to wear a well-fitting mask when around others until Day 11</p>                                  |  |

**BLDHD recommendation:** if you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are fully vaccinated and have gotten a booster, OR
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, OR
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, OR
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure, OR
- had a confirmatory positive COVID test in the last 90 days,

| SUN  | MON   | TUE   | WED    | THU   | FRI   | SAT   |
|--|-------|-------|--------|---|---|-------|
| <p>You're exposed. Ensure to wearing well-fitting mask around others.</p> <p>Day 0</p> | Day 1 | Day 2 | Day 3  | Day 4   | <p>Get tested on this day if possible.</p> <p>Day 5</p> | Day 6 |
| Day 7  | Day 8 | Day 9 | Day 10 | <p>Masking is no longer required but strongly recommended</p> <p>Day 11</p> |   |       |

**BLDHD recommendation:** in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

\*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.

Last updated 1/6/2022. Information is subject to change at any time.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are not vaccinated, OR
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, OR
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, OR
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

| SUN   | MON          | TUE          | WED           | THU   | FRI   | SAT   |
|---|--------------|--------------|---------------|---|---|---|
| <p>You're exposed. Stay home (quarantine).</p> <p>Day 0</p> | <p>Day 1</p> | <p>Day 2</p> | <p>Day 3</p>  | <p>Day 4</p>  | <p>Get tested on this day if possible.</p> <p>Day 5</p> | <p>You can end quarantine. Keep wearing a well-fitting mask around others.</p> <p>Day 6</p> |
| <p>Day 7</p>  | <p>Day 8</p> | <p>Day 9</p> | <p>Day 10</p> | <p>Masking is no longer required but strongly recommended</p> <p>Day 11</p> |   |   |

**BLDHD recommendation:** in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g. immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.  
 If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

As of Jan. 2, Benzie and Leelanau counties are still at a high level of COVID-19 transmission.  
**Everyone should wear a well-fitting mask in indoor public spaces.**

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