ISOLATION AND QUARANTINE Guidance

Updated on 3/11/2022

IF/WHEN YOU TEST POSITIVE FOR COVID-19

Yes, Isolate!
Everyone, regardless of vaccination status:

• Stay home for 5 days.
• If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
• Continue to wear a mask around others for 5 additional days.
• If you have a fever, continue to stay home until your fever resolves.

NO quarantine if you are personal or household contact:

• Monitor symptoms for 10 days.
• Wear a mask around others for 10 days after exposure.
• Test 3-7 days after exposure or if symptoms develop.
• Avoid unmasked activities, especially around vulnerable individuals.

IF/WHEN YOU ARE EXPOSED TO SOMEONE WITH COVID-19

NO quarantine if exposed in community, work or social setting:

• Monitor symptoms for 10 days.
• Test if symptoms develop.
• Consider masking around others for 10 days, especially around vulnerable individuals.

If you test positive for COVID-19, visit mySaginawHealth.org to confidentially provide personal information online and avoid a phone call from the health department to complete your COVID-19 case investigation.