



# GUIDELINES FOR QUARANTINE AFTER EXPOSURE\* TO COVID-19

This chart can help guide quarantine decisions after an employee is exposed to someone with COVID-19.

Does the employee do all three of the following?



1. Mask consistently in all common areas of the office (covering nose and mouth).
2. Maximize physical distancing and avoid situations where maintaining social distance is not possible.
3. Engage in COVID-19 prevention activities including self-monitoring symptoms and frequent hand washing.

No

Yes

No

Yes

Is the contact vaccinated?



Those with NO symptoms are recommended to:

Self-quarantine for 14 days. If/when symptoms develop, see below.

Those with symptoms are

recommended to: Self-isolate for 10 days after symptom onset and contact their healthcare provider.

If they **test positive**, they should isolate for at least 10 days from the date of the positive test.

Contact can remain in the office and is recommended to: **Wear a mask in all public spaces (except when working alone at your desk and 6 ft. of social distance can be maintained)** for 14 days or until they receive a **negative viral** (PCR or antigen) test performed 3-5 days after exposure.

Vaccinated individuals can remain in the office and participate in activities as long as they have no symptoms.

If they **test positive**, they should isolate for at least 10 days from the date of the positive test.

Individuals can safely remain in the office and participate in activities as long as they have no symptoms.