

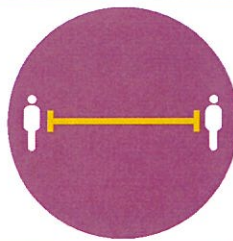
COVID-19 ISOLATION AND QUARANTINE FLOWCHART FOR GENERAL POPULATION

ALABAMA
PUBLIC
HEALTH

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19 REGARDLESS OF SYMPTOMS OR VACCINATION STATUS



Stay home a minimum of 5 full days regardless of symptoms or vaccination status.¹



Stay away from other people as much as possible (including those in your own household).



If you can't stay away from other people, wear a three-layer (or better) mask.



Do you have a fever or other symptoms that haven't started to improve on day six?²

YES



Stay home until your fever is gone and other symptoms are improving.



Wear a mask for the next five days.

NO



Resume activities with a mask. Wear a mask for the next five days.

If you are having symptoms of COVID-19 and waiting for your test results, stay home until you get your results.

Source: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

¹ The 5 full days is a minimum and only applies to the general population which does not include healthcare personnel or certain special populations.

² "Improving" requires absence of fever for 24 hours or more without fever relieving medications and at least a 50 percent improvement in all other symptoms with the exception of loss of taste and smell which may persist for weeks or months.

This guidance does not apply to immunosuppressed persons. Guidance for immunosuppressed persons is addressed in the link below.
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

COVID-19 ISOLATION AND QUARANTINE FLOWCHART FOR GENERAL POPULATION

ALABAMA
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HEALTH

WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WHO HAS COVID-19

AND YOUR COVID-19 VACCINES ARE UP-TO-DATE (QUARANTINE NOT REQUIRED)



- If you received a booster dose of any COVID-19 vaccine. OR
- If you completed the primary series* of Pfizer or Moderna vaccine less than 5 months ago. OR
- If you completed the primary series* of Johnson & Johnson vaccine less than two months ago.



- Wear a mask around others for 10 days after your last exposure.
- Test on day five.
- If you develop symptoms or test positive, stay home.

If you tested positive for COVID-19 in the 90 days before your exposure:



Wear a mask around others for 10 days.



If you develop symptoms, get tested and stay home.

Source: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

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COVID-19 ISOLATION AND QUARANTINE FLOWCHART FOR GENERAL POPULATION

ALABAMA
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HEALTH

WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WHO HAS COVID-19

AND YOU ARE UNVACCINATED OR YOUR VACCINES ARE NOT UP-TO-DATE (QUARANTINE)



- If you are unvaccinated or only received one dose of Pfizer or Moderna. OR
- If you completed the primary series* of Pfizer or Moderna vaccine more than 5 months ago. OR
- If you completed the primary series* of Johnson & Johnson vaccine more than two months ago and no booster.



- Stay home for five days after your last exposure, then wear a mask around others for the next five days.
- Test on day 5, if negative, can come out of quarantine on day 6.
- If you develop symptoms or test positive, stay home and follow Isolation and Quarantine Guidance. Symptom onset date or date of positive test is Day 0.

Source: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

*A primary series consists of one dose of Johnson & Johnson vaccine; or two doses of Moderna or Pfizer vaccine; or three doses of Moderna or Pfizer vaccine if you are immunocompromised.

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COVID-19 ISOLATION AND QUARANTINE TIMEFRAMES FOR GENERAL POPULATION

ALABAMA
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If You Test Positive for COVID-19 Regardless of Whether or Not You Have Symptoms OR If You Are Symptomatic and Awaiting Test Results (Isolate)

Everyone, regardless of vaccination status

- Stay home for a minimum of 5 full days (through Day 5).¹
- If you have symptoms:
 - The first day your symptoms developed is Day 0.
 - Test on Day 5 using a rapid antigen test (*strongly recommended, if available*).
 - You can end isolation after 5 full days if your Day 5 test is negative, you are fever-free for 24 hours without the use of fever-reducing medication, and your other symptoms are improving.²
 - Continue to wear a mask around others for 5 additional days (through Day 10).
- If you have no symptoms:
 - The day that your test is positive is Day 0.
 - Test on Day 5 using a rapid antigen test (*strongly recommended*).
 - You can end isolation after 5 days if your Day 5 test is negative and you have remained symptom-free.
 - Continue to wear a mask around others for 5 additional days (through Day 10).

If You Were Exposed to Someone with COVID-19 (Quarantine) and Your COVID-19 Vaccines Are Up-To-Date (No Need to Quarantine)

If you:

- **Have been boosted OR**
- **Completed the primary series of Pfizer vaccine within the last 5 months OR**
- **Completed the primary series of Moderna vaccine within the last 5 months OR**
- **Completed the primary series of J&J vaccine within the last 2 months**

- Wear a mask around others for 10 full days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5, if available.
- If you develop symptoms, get a test and stay home, then follow isolation guidance above.

If you were exposed to someone with COVID-19 and you ARE UNVACCINATED, or your VACCINES are NOT Up to DATE (Quarantine)

If you:

- **Completed the primary series of Pfizer vaccine over 5 months ago and are not boosted OR**
- **Completed the primary series of Moderna vaccine over 5 months ago and are not boosted OR**
- **Completed the primary series of J&J vaccine over 2 months ago and are not boosted OR**
- **Are unvaccinated**

- Stay home for 5 full days (through Day 5). After that, continue to wear a mask around others for 5 additional days (through Day 10).
- If you cannot quarantine, you must wear a mask for 10 days (through Day 10).
- The day of the last exposure to the person with COVID-19 is Day 0.
- Test on Day 5, if available.
- If you develop symptoms, get a test and stay home, then follow isolation guidance above.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

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