

CDC ISOLATION GUIDANCE

What to do if you test positive for COVID-19

- **Isolate** at home for **5 days** from your positive test date or from the start of your symptoms.
 - *If you have no symptoms or if symptoms are resolving after 5 days, you can leave your house*
 - *Continue to wear a mask around others for an additional 5 days*
 - *If you have a fever, stay home until your fever resolves*
- **Notify your employer/ school** that you have tested positive for COVID-19
- **Notify your close contacts**
 - **A close contact** is anyone who is within **6ft** of you for **15 minutes** or more from 2 days before your positive test /start of your symptoms until the end of your isolation.
 - Close contacts should
 - Notify their school/employer about their exposure
 - Quarantine based on public health guidance
- **Speak with contact tracers** when they call



Questions: Call us at (860) 365-0884