

COVID-19 Isolation & Exposure Guidelines

Guidance based on CDC recommendations
PLEASE NOTE: Recommendations for high risk settings (healthcare, congregate living) has not changed

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION)

- **Isolate for 5 days, whether you have symptoms or not.**
 - The 5 day clock starts the day your symptoms developed or your test date if you do not have symptoms (symptom onset date/test day is day 0)
- After 5 days, if symptoms are resolved, you can return to normal activities but **must continue to wear a mask in all settings** for another 5 days.
 - If you have access to antigen tests, you should consider using them. With 2 negative tests 48 hours apart, you may remove your mask before day 10.
- If your symptoms have not improved after 5 days, continue to isolate until you feel better

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19

- **Wear a high quality mask as soon as you find out you were exposed**
 - Do not go places where you are unable to wear a mask including travel and public transportation
- **Watch for symptoms**
 - Fever (100.4 or greater)
 - Cough
 - Shortness of breath
- **Continue precautions for 10 full days**
- **Get tested at least 5 full days after your last exposure**
 - Test even if you don't develop symptoms
- **If you test negative, continue taking precautions through day 10**
- **If you test positive, isolate immediately**



Public Health
Sheboygan County
Division of Public Health

Isolation and exposure guidance is now the same for everyone, regardless of vaccination status