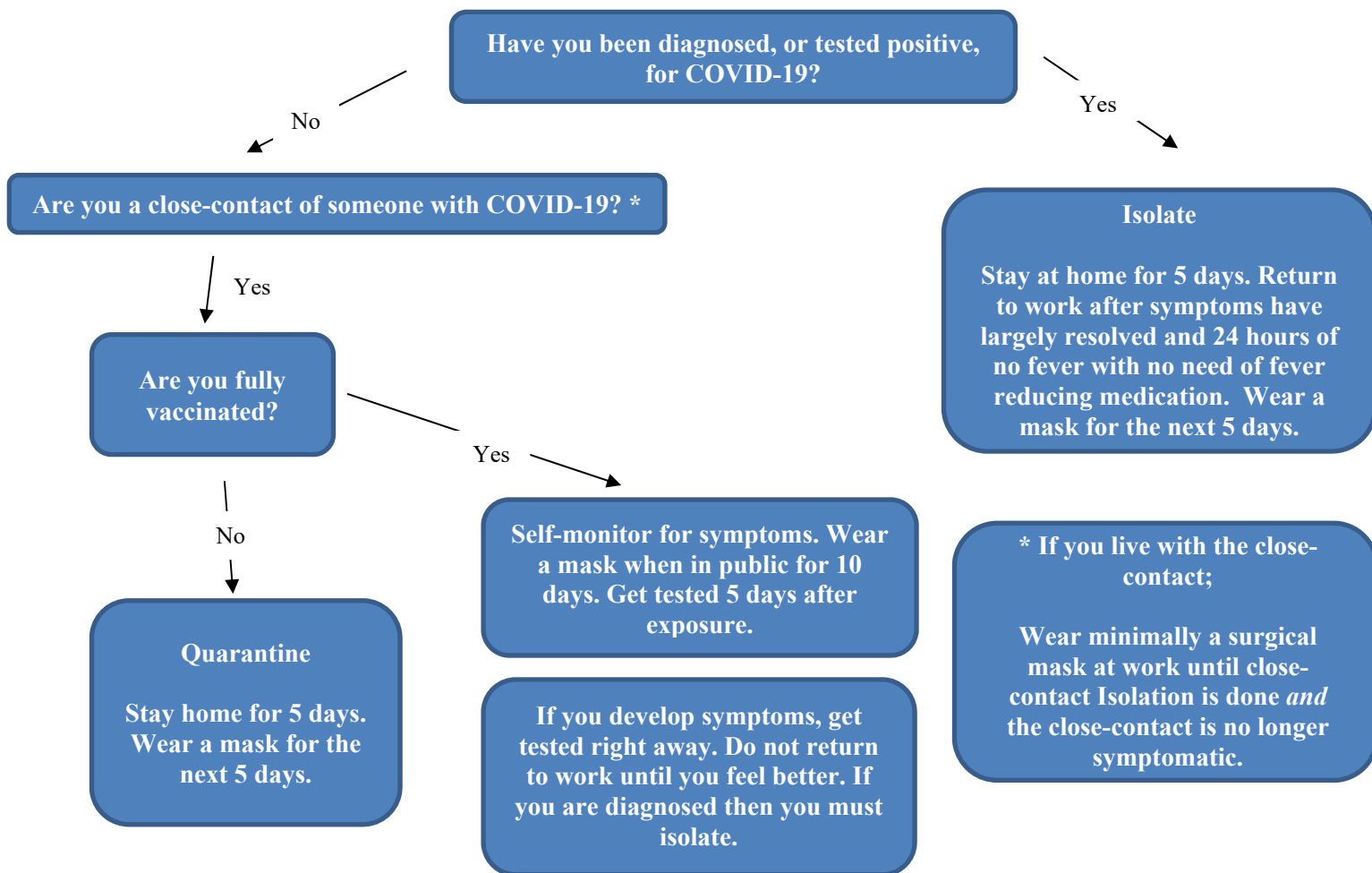


COVID-19 Flow Chart

Yarmouth Health Department/CDC Guidelines



Close-Contact:

- You are a close contact of a COVID-19 positive person if you were within 6 feet of them while indoors, for at least 15 cumulative minutes, while they were symptomatic or within 2 days before symptom onset.

Isolation / Quarantine:

- Establish a room (and a bathroom if possible) which only the Isolated/Quarantined person can use.
- The Isolated/Quarantined person should not leave home at all, except for urgent medical care.
- All household members should practice strict personal hygiene.
- Keep 6 feet away from other people at all times and do not have visitors in your home
- The Isolated/Quarantined person should wear a mask when distancing cannot be accomplished with household members.

Fully Vaccinated:

- Moderna or Pfizer vaccine series within the last 6 months
- J&J Vaccine within the last 2 months
- Received Booster

Time Guidelines:

- Isolation starts with the onset of symptoms or at the time of a positive test if asymptomatic.
- Quarantine starts with your exposure to the COVID positive person.

CDC Update December 27, 2021

If You Test Positive for COVID-19 (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.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

If you are fully vaccinated

- You do NOT need to quarantine unless you have symptoms
- Get tested 5 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 10 days following exposure

If you are not fully vaccinated

- Stay home for 5 days after your last contact with a person who has COVID-19
- Wear a mask indoors in public for the next 5 days
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19



ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

If you are sick and think or know you have COVID-19

Stay home until after

- At least 5 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medications **and** Symptoms have improved
- Wear a mask indoors in public for the next 5 days

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 5 days have passed since your positive viral test
- Wear a mask indoors in public for the next 5 days
- If you develop symptoms after testing positive, follow the steps above for those who are sick