



WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

(AKA quarantine guidance/guidance for close contacts)

CDC guidelines for the general population:

Note: if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.



See pages 3-4 to see how to count days after being exposed

If you...

- are fully vaccinated and have gotten a booster, **OR**
- got your 2nd dose of Pfizer or Moderna vaccine within the last 5 months, **OR**
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, **OR**
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure.

Then you should...

- Wear a well-fitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

If you...

- are not vaccinated, **OR**
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 5 months ago and have not gotten a booster, **OR**
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, **OR**
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

Then you should...

- Stay home (quarantine) for 5 days. Then continue to wear a well-fitting mask around others for 5 more days.
- If you can't quarantine, you must wear a mask around others for 10 days. Keep activities to essential tasks only.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.



A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.

Additional recommendations from the Grand Traverse County Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- In high-risk, congregate settings (like long-term care facilities, jails, etc.) **or** if you are often around vulnerable populations (e.g., immunocompromised or elderly people)
 - Consider staying home/quarantining for a full 10 days after exposure

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.