COVID-19 Isolation Guidance

Follow this general guide to keep yourself and others safe.

I'm COVID-19 positive:

Everyone who is positive, regardless of vaccination status or if they have recovered from COVID-19, should:

- Isolate immediately for at least **5 days** starting from your first day of positive test result.
- Wear a mask around others for a total of **10 days.**
- Isolation can end after **day 5** if; no symptoms appear **and** a negative result from a test taken on **day 5**.
- Isolate for **10 days** if not tested and symptoms are resolving or not present.
- If fever is present, continue isolation **until 24 hours after it resolves**.
- Talk to your health care provider to discuss if you may be a candidate for **prescription-based treatment**.

I'm sick but don't know if it's COVID-19:

Everyone with COVID-19 symptoms, regardless of vaccination status or if they have recovered from COVID-19, should:

- **Test immediately** and isolate while awaiting results.
- If you are unable to test, isolate for **10 total days** starting the day after symptoms began.
- If unable to isolate, wear a mask around others for **10 total days**,
- If COVID test is taken within 1-2 days of symptoms, and the result is negative, consider staying in isolation and retesting 1-2 days later.
- If test is positive, follow isolation recommendations above.

I don't have symptoms but was exposed to COVID-19:

Everyone without symptoms, regardless of vaccination status or if they have recovered from COVID-19, should:

- Get a COVID-19 test **3-5 days** after exposure.
- Wear a mask around others **for 10 days**.
- Complete you initial vaccination series or get boosted if eligible.
- If if symptoms develop, stay home and test.
- If test is positive, follow isolation recommendations above.

Scan QR code to find testing locations

Isolation 101:

- **Isolation** is when symptomatic and COVID-19 positive people separate themselves from others who are not sick.
- To isolate, stay home and other household members should **not** enter your isolation area.
- If in a shared space, remain 6 feet apart from other people.
- Monitor your health to see if symptoms develop or worsen.
- Notify close contacts of your test result or symptoms.

This guidance does not apply to school or healthcare / emergency medical service settings. Guidelines for schools can be found at coronavirus.marinhhs.org/schools

MARIN HEALTH & HUMAN SERVICES
Health, Well-being & Safety

GetVaccinatedMarin.org