

COVID-19 Isolation, Exposure, and Testing Guidance

Scenario 1

If I tested positive for COVID-19 (or I have symptoms* but can't test), how long should I isolate?



Download our isolation and exposure calendar for **schools and early childhood education**: bit.ly/PDPH-ECE-IE-CAL



Immediately Isolate!

Isolate at home and away from others for **5 full days** and then continue masking for another 5 days.

Isolate for 5 days

Mask for 5 days

- Wear a **high-quality mask** when indoors around others at home and in public. (See masks p.3)
- If you **CAN'T mask**, like children under 2 or people with some disabilities, isolate for 10 days after your last exposure.
- End isolation if you are fever-free for 24 hours without fever-reducing medication and your symptoms are improving.
- If you develop new symptoms within 10 days, restart your isolation period on that day.
- If you are over 65 or are more likely to get very sick, ask your healthcare provider about treatments with oral antivirals.
- If you have difficulty breathing, shortness of breath, have a weakened immune system, or were hospitalized for COVID, speak with your healthcare provider - they may want you to isolate longer or test before ending isolation.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Isolate Leave Isolation Mask when around others		1 Positive test (or symptoms start) DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
		6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9
					11 DAY 10	Stop masking

Until at Least Day 11

Wear a high-quality mask anytime you are around others inside your home or indoors in public.

❗ **Avoid activities and places where you can't mask.**

❗ **Avoid being around others who are more likely to get very sick from COVID-19.**

*See Page 3 for a list of COVID-19 symptoms, information on choosing a high-quality mask, testing guidance, and links to CDC vaccine resources

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Scenario 2

If I was exposed to someone with COVID-19, what precautions should I take?



Start Precautions Immediately

Mask for 10 days and test on **Days 5, 7, and 9** after your last exposure.

Mask for 10 days

Test on Days 5, 7, & 9

- Wear a high-quality mask* anytime you are around others inside your home or indoors in public.
- If you **CAN'T** mask, like children under 2 or people with some disabilities, stay away from others as much possible and take extra precautions like improving ventilation by opening windows, using HEPA air filters, running your home A/C system, or being outdoors.
- If you test **positive**, follow isolation guidance on Page 1.
- ! Avoid activities and places where you can't mask.
- ! Avoid being around others who are more likely to get very sick from COVID-19.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mask when around others Take a test		1 Exposure to COVID-19 Begin masking DAY 0	2 DAY 1	3 DAY 2	4 DAY 3	5 DAY 4
		6 DAY 5	7 DAY 6	8 DAY 7	9 DAY 8	10 DAY 9
				11 DAY 10		Stop masking

Ongoing Exposure

If you cannot separate from someone with COVID-19, such as a person in your household, start masking the day you find out you were exposed. Continue masking while the person with COVID is isolating AND for 10 full days after the person with COVID ends isolation.

*See Page 3 for a list of COVID-19 symptoms, information on choosing a high-quality mask, testing guidance, and links to CDC vaccine resources

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COVID-19 Symptoms

Watch for symptoms like...

- Fever or chills
- New or persistent cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea

Testing

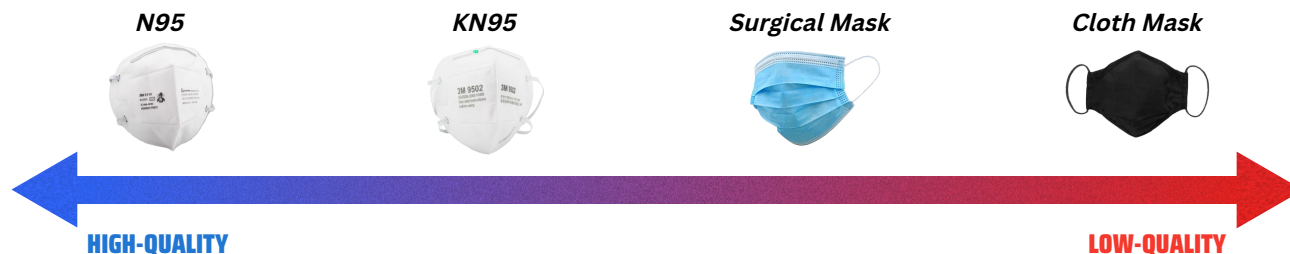
Remember...

- **If you don't have symptoms but were exposed**, test on Days 5, 7, & 9 with at-home rapid antigen tests. (See calendar 2)
- **If you develop symptoms**, test immediately and isolate until you know your test results.
- **If you test negative** but you have symptoms, you may have another respiratory illness. Stay away from others until your symptoms improve and you're fever-free for 24 hours without fever-reducing medicine.

Visit www.phila.gov/testing to find a testing location near you. Contact your healthcare provider if you have any questions.

What are High-Quality Masks?

High quality masks are N95 and KN95 masks, followed by surgical masks. Cloth masks are the lowest quality masks.



Whatever mask you choose, it should fit closely on your face **without any gaps along the edges or around the nose**. It should be comfortable enough when worn properly (covering your nose and mouth) so that you can keep it on when you need to.

Get Vaccinated!

Vaccination is the best way to avoid severe illness/hospitalization.

Everyone 6 months and older is eligible for at least one dose of the updated COVID-19 vaccine. Check your vaccine status on [CDC's Vaccination Up To Date](https://www.cdc.gov/vaccination-up-to-date) website (below).

Children enrolled in the Children's Health Insurance Program (CHIP) or their parent's insurance plan can get vaccines through those plans. Uninsured, underinsured, Medicaid-eligible, and Alaskan Native/Native American children under 18 can get free vaccines through the Health Department's Vaccines for Children (VFC) Program. **Adult** vaccines are covered by health insurance. Uninsured and underinsured adults have access to vaccine through a federal program and can get vaccinated at a healthcare provider's office.

Get vaccination locations and other information from the [City's Get Your Vax or Booster](https://www.phila.gov/get-your-vax-or-booster) website (below) or by calling **215-685-5488** (for interpretation, press #5 and say your language). Remember to bring your CDC Vaccination Card or a clear photo of the card. If your card is lost or damaged, call **215-685-5488** or email publichealthinfo@phila.gov.

CDC and City Resources

Vaccination Up to Date Site

www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html



Get Your Vax or Booster

www.phila.gov/services/mental-physical-health/get-vaccinated/get-your-covid-19-vaccine-or-booster/

