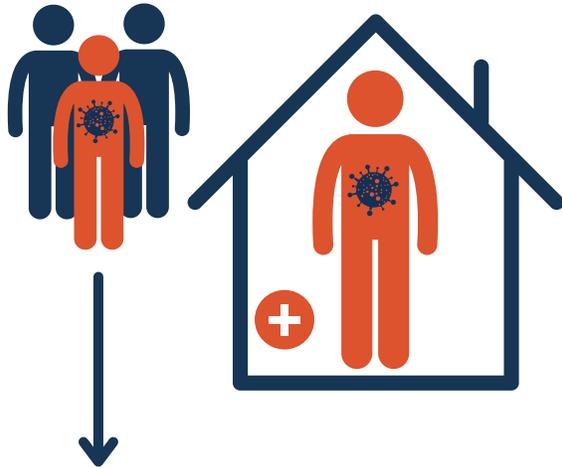# COVID-19 ISOLATION GUIDELINES

ISOLATE IF YOU TEST POSITIVE FOR COVID-19

Stay home away from others for 5 days, regardless of your symptoms or vaccination status, and notify your close contacts.*
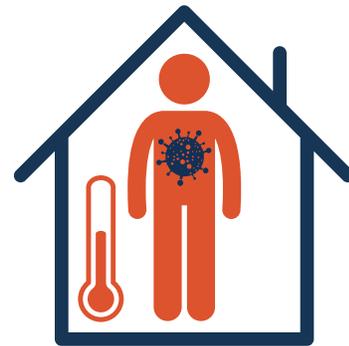
HOME

*Close contact = someone you were within 6 feet of for 15 minutes or more over a 24-hour period

EVALUATE AFTER 5 DAYS OF ISOLATION

If your fever has been gone for 24 hours and your symptoms are better, you may end isolation if you wear a mask AT ALL TIMES when you are around others for 5 more days, regardless of local regulations.

MASK

If your symptoms are not better or you still have a fever, continue to isolate at home away from others until your fever has been gone for 24 hours.

ISOLATE IF YOU HAVE NEW OR WORSE SYMPTOMS

If you have underlying health conditions or severe symptoms, seek medical attention.

Know Your 3Ws   WEAR | WAIT | WASH

Questions?
- Scan the code
- Visit MeckNC.gov/COVID-19
- Call 980-314-9400, Option 3 (English) or Option 8 (Spanish)

MECKLENBURG COUNTY
North Carolina
Public Health

COVID-19 QUARANTINE GUIDELINES

EXPOSED* TO COVID-19?

*Exposed = close contact, i.e., within 6 feet for a total of 15 minutes or more in a 24-hour period, regardless of whether the infected person had symptoms.

Up to date on your COVID-19 vaccine, including booster dose, or had confirmed COVID in the last 90 days?

⬇

Wear a mask for 10 days and test 5-7 days after exposure, if possible.

MASK

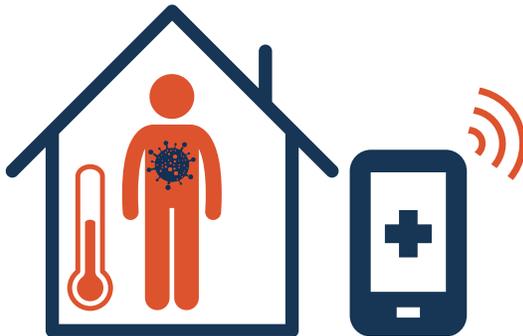**Not vaccinated or not up to date on your COVID-19 vaccine, including booster dose?**

⬇

Stay at home for 5 days and test 5-7 days after exposure, if possible.

HOME

New or worse symptoms, regardless of vaccination status?

⬇

Isolate and get tested when symptoms start. If you have underlying health conditions or severe symptoms, seek medical attention.

No symptoms and no fever after 5 days at home?

⬇

You may leave your home if you wear a mask AT ALL TIMES when you are around others for 5 more days.

MASK

Know Your 3Ws   WEAR | WAIT | WASH

Questions?
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