

# CDC UPDATED ISOLATION & QUARANTINE GUIDANCE

## IF YOU TESTED POSITIVE FOR COVID-19



## IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19



\*If you have symptoms, day 0 is the first day you began having symptoms. If you do not have symptoms at all, day 0 is the day you tested positive. If you develop symptoms after testing positive, your new day 0 is the day you began feeling symptoms.

\*\*Day 0 is the day you were exposed to COVID-19.