WHEN SHOULD I QUARANTINE OR ISOLATE?

I am experiencing symptoms of COVID-19 OR I was in close contact with someone who tested positive for COVID-19. WHAT DO I DO?

FLOWCHARTS ARE INTENDED FOR GENERAL GUIDANCE, PLEASE CONTACT YOUR HEALTHCARE PROVIDER FOR INDIVIDUAL GUIDANCE.

If you have
BEEN EXPOSED
to someone with
COVID-19:

QUARANTINE

NOT REQUIRED

Unless symptoms develop

• You do not need to quarantine if you do not have symptoms.
• Wear a high-quality, well-fitting face mask for 10 full days from your last exposure.
• Get tested on day 5.

If you are
EXPERIENCING SYMPTOMS
of
COVID-19:

ISOLATE and
GET TESTED

immediately

• If you test POSITIVE, follow guidance for isolation.
• If your results are NEGATIVE, you can end isolation. Consider wearing mask around others until symptoms resolve and consider retesting if symptoms persist.

If you have
TESTED POSITIVE
for
COVID-19:

ISOLATE

5 DAYS

from the date symptoms began

• If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
• Wear a high-quality, well-fitting mask through day 10.
• Additional recommendations can be found by visiting the CDC’s COVID-19 Guidance page.

ISOLATION: separates sick people with a contagious disease from people who are not sick.

Please see the STUDENT COVID-19 FLOWCHART or EMPLOYEE COVID-19 FLOWCHART for next steps.

The CDC continues to promote the importance of being up to date with vaccination to protect people against serious illness, hospitalization, and death. For updated COVID-19 SYMPTOMS and TESTING INFORMATION please visit nku.edu/covid19.