



# 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](https://nku.edu/covid19).