

# UNVACCINATED - 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 within the past 14 days.

## WHAT DO I DO?

### SYMPTOMS

Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, body aches, new loss or taste of smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea

### ISOLATE

at home and contact your healthcare provider **for immediate testing.**

If you do not have a healthcare provider you can contact Health Services (859) 572-5650 or visit [Northern Kentucky Health Department COVID-19 Testing site.](#)

#### You test positive.

Isolate until:

- **10 days** after start of symptoms **AND**
- No fever for 24 hours without medications **AND**
- Symptoms have improved.

#### You test negative.

Quarantine and retest after 5 days. If still negative, then leave quarantine on day 7, if no symptoms develop.

### NO SYMPTOMS

### QUARANTINE

Stay home, stay away from others and monitor for symptoms for **14 days.**  
Contact your health provider for testing on day 3-5 of quarantine.

If you do not have a healthcare provider you can contact Health Services (859) 572-5650 or visit [Northern Kentucky Health Department COVID-19 Testing site.](#)

If **negative**, leave quarantine on day 7.

If **positive**, isolate until cleared by Health Department (typically **10 days**).

Please see the [STUDENT COVID-19 FLOWCHART](#) or [EMPLOYEE COVID-19 FLOWCHART](#) for next steps.

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

**QUARANTINE:** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

