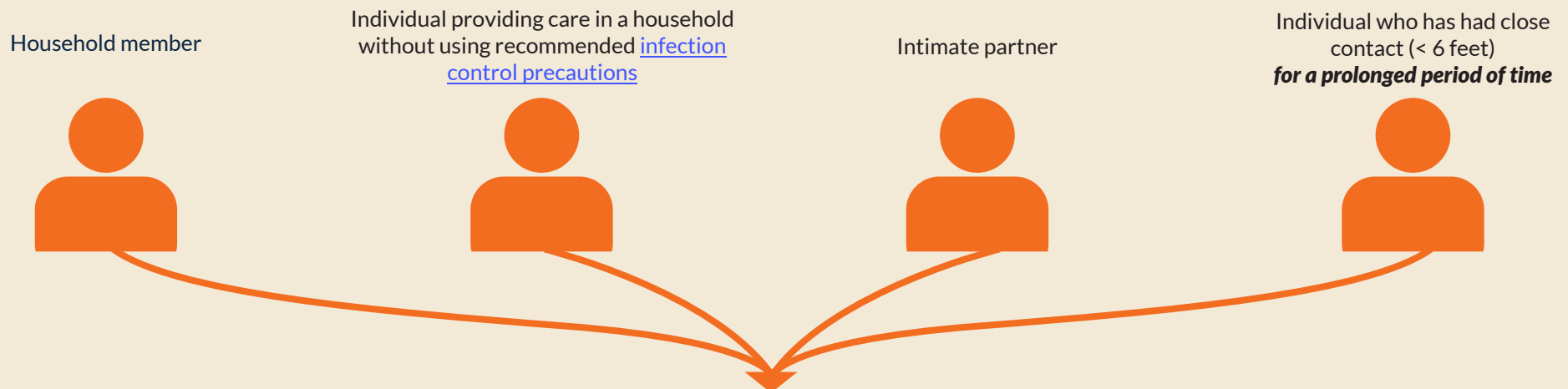


Isolation After Community Exposure



Were you exposed to a person with symptomatic COVID-19 during the period from 48 hours before symptoms onset until that person meets criteria for [discontinuing home isolation](#)?

Stay home until **14 days after last exposure*** and maintain social distance (at least 6 feet) from others at all times

Self-monitor for symptoms

- Check temperature twice a day
- Watch for fever, cough, or shortness of breath

Avoid contact with [people at higher risk for severe illness](#) (unless they live in the same home and had same exposure)

Follow [CDC guidance](#) if symptoms develop

***Last Exposure** – last day person with COVID-19 symptoms experiences fever or respiratory symptoms. This applies if that person goes 72hrs fever free without fever reducing medicine and without respiratory symptoms (cough, SOB)

Self-monitor – take temperature 2x/day (including before work shift).
Fever – temperature > 100.0°

Last Exposure Example

DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	DAY8	DAY9
John is asymptomatic	John is asymptomatic	John has fever and Shortness of Breath (SOB)	John has fever and Shortness of Breath (SOB)	John has fever and Shortness of Breath (SOB)	John has fever and Shortness of Breath (SOB)	John has no respiratory symptoms, no fever with no fever reducing meds	John has no respiratory symptoms, no fever with no fever reducing meds	John has no respiratory symptoms, no fever with no fever reducing meds
Jane (HCP) is exposed	Jane (HCP) is exposed	Jane (HCP) is exposed	Jane (HCP) is exposed	Jane (HCP) is exposed	Jane (HCP) LAST EXPOSURE as John went the next 72 hrs with no respiratory symptoms, no fever, and no fever reducing meds	Jane's 14 days of staying home and self-monitoring BEGINS TODAY	Jane's staying home and self-monitoring DAY 2	Jane's staying home and self-monitoring DAY 3