

## Oconto County Public Health COVID-19 Isolation and Quarantine Guidelines

### If You Test Positive for COVID-19 (Isolate)

#### Everyone, regardless of vaccination status:

- Stay home for 5 days; **AND**
- If you have no symptoms, or your symptoms are resolving\* after 5 days, you can leave your house. Wear a mask for 5 additional days when around others.
- If your symptoms have not improved after 5 days, continue to stay home until symptoms improve.\* Wear a mask for 10 days total from your first date of symptoms.
- Those that are under 2 years of age, unable to safely mask, or decline to mask need to stay home for 10 days.

*\*If you have a fever, stay home until you have been fever free without using medication for 24 hours.*

### If You Were Exposed to Someone with COVID-19 (Quarantine)

#### If you:

- Are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- OR**
- Are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- OR**
- Tested positive for COVID-19 within the last 90 days (not using an at-home test)

#### Then:

- Wear a mask around others for 10 days following the date of your last close contact with someone with COVID-19.
- Test on day 5, if possible.

*If you develop symptoms, get tested and stay home.*

#### If you:

- Are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- OR**
- Received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- OR**
- Are not vaccinated or have not completed a [primary vaccine series](#).

#### Then:

- Stay home and wear a mask around others for 5 days following your last contact with someone with COVID-19.
- You may leave your home and wear a mask around others for 5 additional days.
- If you can't quarantine, you must wear a mask for 10 days.
- Test on day 5, if possible.

*If you develop symptoms, get tested and stay home.*

#### If you:

- Are under 2 years of age
- OR**
- Unable to safely mask
- OR**
- Decline to wear a mask

#### Then:

- Stay home for 10 days following your last date of contact with someone with COVID-19.

*If you develop symptoms, get tested and stay home.*

