

COVID-19 QUARANTINE & EXPOSURE INFO.

MY CHILD OR I WAS EXPOSED TO COVID-19

Contact your employer, school, daycare, etc. Pick a quarantine option and get tested on the days listed below:

7 Day Quarantine With a Negative Test

DAY 0	1	2	3	4	5	6	7
(LAST EXPOSURE DAY)	quarantine (stay home and away from people)				test	test collected	
	8	9	10	11	12	13	14
 continue to monitor for symptoms						

10 Day Quarantine

DAY 0	1	2	3	4	5	6	7
LAST EXPOSURE DAY	quarantine (stay home and away from people)						
	8	9	10	11	12	13	14
 continue to monitor for symptoms						

14 Day Quarantine

DAY 0	1	2	3	4	5	6	7
LAST EXPOSURE DAY	quarantine						
	8	9	10	11	12	13	14

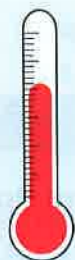
Guidance for Fully Vaccinated

DAY 0	1	2	3	4	5	6	7
LAST EXPOSURE DAY	test				test collected	(If negative, no mask needed)	
 monitor for symptoms and wear a mask						
	8	9	10	11	12	13	14
						

*you are not considered fully vaccinated until 2 weeks after your last dose

SYMPTOMS OF COVID-19

People with COVID-19 have a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:



- Fever or chills
- Cough
- Shortness of Breath or difficulty breathing
- Fatigue
- Muscle or Body Aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*symptoms can vary from person to person

MY TEST WAS NEGATIVE, BUT I LIVE WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19

Determine if you can completely separate yourself from the positive member in the household.

I CAN completely separate

Complete separation means no contact, no time together in the same room, no sharing of and spaces, such as using the same bathroom. If this is something you can do, then see front side for quarantine information.

I CANNOT completely separate



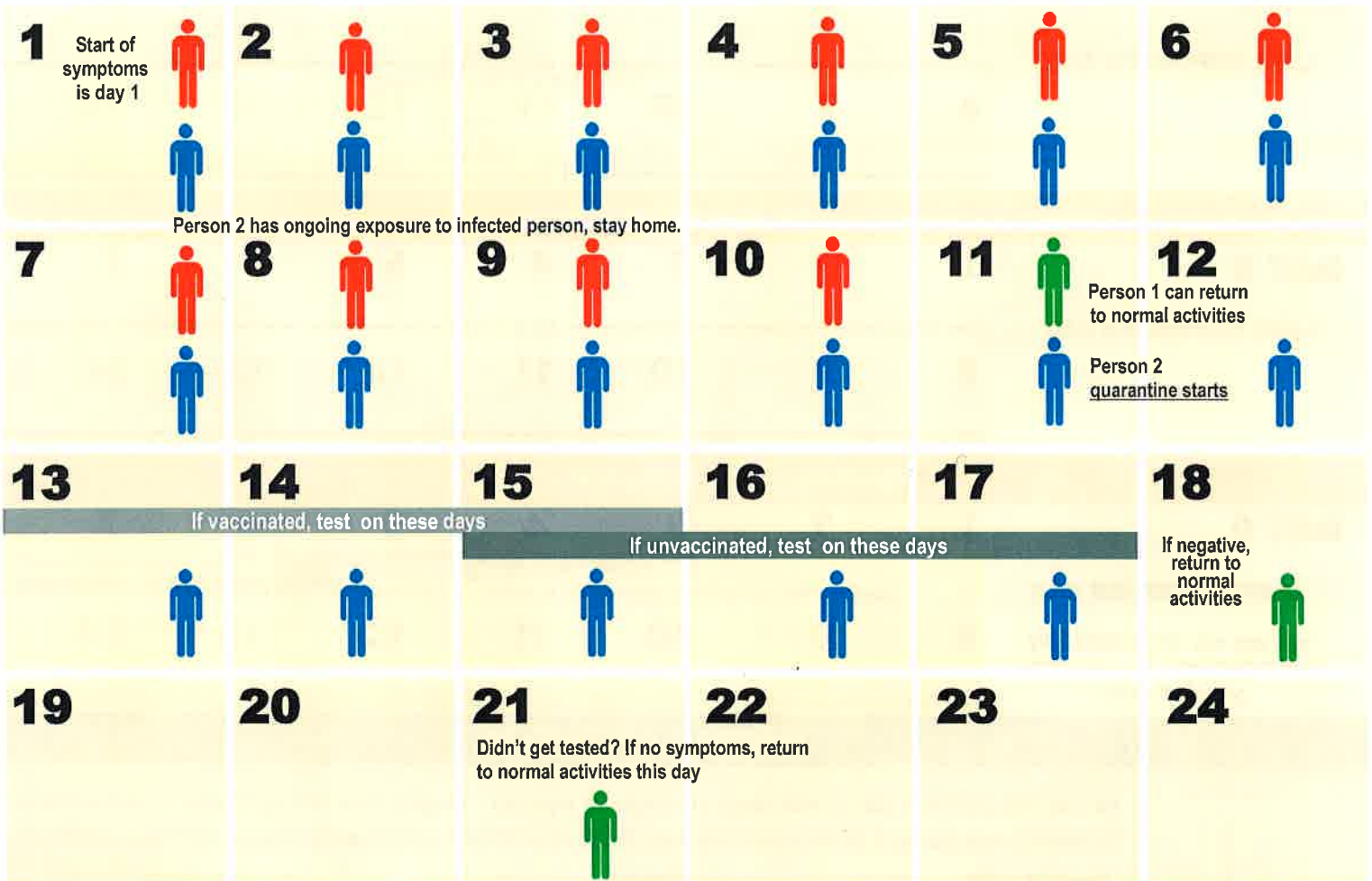
Positive Household Member



Exposed Household Member



No Longer Contagious



I AM FULLY VACCINATED AND IN THE SAME HOUSEHOLD

You may continue to work or attend school. Wear a mask in public. Monitor for symptoms. Test immediately if symptoms develop.

WHILE YOU WAIT FOR COVID-19 TEST RESULTS

If you have symptoms **STAY HOME** and away from others.

My test results are **POSITIVE**

1. Do not go to work - notify your employer. If your child is positive-do not send them to school or daycare. Notify school and/or daycare.
2. If you have household members who work/attend school or daycare - notify them right away
3. Isolate at home
4. Notify close contact - including 2 days before symptoms started (if no symptoms, date of test)

* Once you test positive, WI Dept of Health Services does not recommend additional testing for at least 3 months from when your symptoms first developed. If you have new onset of symptoms before 3 months or

WHEN IS MY ISOLATION OVER?



At least **10 days** have passed since you first had symptoms

AND



You have been **fever-free** for at least **24 hours** without using medicine that reduces fevers

AND



Your other symptoms have improved for at least **24 hours**

NOTE: If you never have symptoms, you should stay isolated for at least 10 days after you were tested.

WHO ARE CONSIDERED MY CLOSE CONTACTS'?

Close contacts are defined as any of the following interactions:



Having **direct physical contact** with someone.
(e.g. hug, kiss, handshake)



Being within **6 feet** of someone for **15 minutes total** in a day.



Having contact with your **respiratory secretions.**
(e.g. coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food, towels, or other personal items)



Living with or spent the night with **someone.**

EMERGENCY WARNING SIGNS OF COVID-19:

- Struggling to breathe
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Constant chest pain or pressure
- Feeling dizzy or lightheaded all the time
- Acting confused
- Difficult to wake up
- Slurred speech (new or getting worse)
- New seizure or seizures that

***This list does not include all emergency warnings signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.**