



**1. I tested positive for COVID**

- Stay home
- Email ALCS at [covid@alcs.us](mailto:covid@alcs.us) that you tested positive

**Symptomatic:**

Isolate for at least 10 days from symptom onset (day 0 is the first day of symptoms). You may return on day 11 if symptoms are improving, and you have been fever free at least 24 hours without using fever reducing medications.

**Asymptomatic:**

Isolate for at least 10 days following the positive test (day 0 is the day of the test). You may return on day 11.

**2. I was exposed to someone with COVID**

- UNVACCINATED:
  - Stay home
  - Email ALCS at [covid@alcs.us](mailto:covid@alcs.us) that you were a close contact
    - a. Quarantine for 10 days after your last exposure (day 0 is the day of exposure). Monitor your symptoms for 14 days. No test is required to end quarantine. Return date is day 11.

**OR**

- b. Quarantine and get tested for COVID on day 6 or 7 after last exposure (last exposure is counted as day 0). If your test is negative, you can end quarantine after 7 days and return on day 8. You must have your negative result before ending quarantine and cannot test before day 6. This test needs to be a PCR test at a clinic or community testing site. You cannot use an at-home (rapid or antigen) test to end quarantine. Monitor your symptoms for 14 days.
- FULLY VACCINATED (more than two weeks after second dose) OR YOU HAVE HAD A POSITIVE COVID TEST IN THE LAST 90 DAYS
  - No quarantine necessary, but monitor for symptoms for 14 days.
  - It is recommended that you get tested on Day 3-5.

**3. You are a household contact and are unvaccinated.**

An individual is considered a household contact if they reside in the same house as a positive person. You should:

- Stay home
- Email ALCS at [covid@alcs.us](mailto:covid@alcs.us) that you are a household contact
- Determine if the household contact **is able** or **is unable** to have complete separation from the positive individual
  - If the household contact **is unable** to have complete separation from the positive individual, they must remain at home and ***the quarantine period***



***begins after the person who tested positive ends their isolation*** (day 10 of isolation of the positive person is day 0 for household contact). You have two options for return:

- a. Quarantine for 10 days and return to activities on day 11. No test is required to return. Monitor your symptoms for 14 days
- b. OR You may quarantine for 7 days (day 10 of isolation of the positive person is day 0 for household contact) and get tested for COVID on day 6 or 7. You may end quarantine after 7 days (return to activity on day 8). You must have your negative test result before ending quarantine and the test cannot be before day 6. This test needs to be a PCR test at a clinic or community testing site. You cannot use an at-home (rapid or antigen) test to end quarantine. Monitor yourself for symptoms for 14 days

OR

- If the household contact **is able** to completely separate from the person who tested positive, they start quarantine after last contact with the person who tested positive (day 0 is day of last contact). You have two options for return:
  - a. Quarantine for 10 days and return to activities on day 11. No test is required to return. Monitor yourself for symptoms for 14 days.
  - b. OR You may quarantine for 7 days (day 10 of isolation of the positive person is day 0 for household contact) and get tested for COVID on day 6 or 7. You may end quarantine after 7 days (return to activity on day 8). You must have your negative test result before ending quarantine and the test cannot be before day 6. This test needs to be a PCR test at a clinic or community testing site. You cannot use an at-home (rapid or antigen) test to end quarantine. Monitor yourself for symptoms for 14 days.

#### **4. You are a household contact and are vaccinated.**

An individual is considered a household contact if they reside in the same house as a positive person. You should:

- Stay home
- Email ALCS at [covid@alcs.us](mailto:covid@alcs.us) that you are a household contact
- Determine if the household contact **is able** or **is unable** to have complete separation from the positive individual

- If the household contact **is unable** to have complete separation from the positive individual, they must remain at home and ***the quarantine period begins after the person who tested positive ends their isolation*** (day 10 of



isolation of the positive person is day 0 for household contact). You have two options for return:

- c. Quarantine for 10 days and return to activities on day 11. No test is required to return. Monitor your symptoms for 14 days
- d. OR You may quarantine for 3-5 days (day 10 of isolation of the positive person is day 0 for household contact) and get tested for COVID on day 3-5. You may end quarantine after 3-5 days. You must have your negative test result before ending quarantine and the test cannot be before day 3. This test needs to be a PCR test at a clinic or community testing site. You cannot use an at-home (rapid or antigen) test to end quarantine. You may end your quarantine immediately upon receiving a negative PCR test result. It is recommended that you also test on day 10-12, but this is a recommendation and not a requirement. Monitor yourself for symptoms for 14 days.

OR

- If the household contact **is able** to completely separate from the person who tested positive, they start quarantine after last contact with the person who tested positive (day 0 is day of last contact). You have two options for return:
  - a. Quarantine for 10 days and return to activities on day 11. No test is required to return. Monitor yourself for symptoms for 14 days.
  - b. OR You may quarantine for 3-5 days (day 10 of isolation of the positive person is day 0 for household contact) and get tested for COVID on day 3-5. You may end quarantine after 3-5 days. You must have your negative test result before ending quarantine and the test cannot be before day 3. This test needs to be a PCR test at a clinic or community testing site. You cannot use an at-home (rapid or antigen) test to end quarantine. You may end your quarantine immediately upon receiving a negative PCR test result. It is recommended that you also test on day 10-12, but this is a recommendation and not a requirement. Monitor yourself for symptoms for 14 days.

If you have additional questions, please see Public Health Madison & Dane County's website.

<https://publichealthmdc.com/coronavirus/what-to-do-if-you-are-sick-or-possibly-exposed#positive>