I AM A CLOSE CONTACT TO A CASE OF COVID-19. I AM UNVACCINATED OR PARTIALLY VACCINATED
(HAS NOT BEEN 14 DAYS PAST THE SECOND DOSE OF A 2-DOSE SERIES OR 14 DAYS PAST 1-DOSE OF A 1 DOSE SERIES COVID-19 VACCINE)

FIRST:
Do you have symptoms of COVID-19? If yes, isolate at home and leave home only to get testing.
If you do not have symptoms of COVID-19 or had a negative test, then:
• What was the date of your last contact with the positive case: _____________________?
• Now get a calendar and count off the next 14 days (For example: date of last contact is August 1, 2021. That is Day 0. 14 days of quarantine is through August 15, 2021).
• Determine your Day 7 and Day 10 quarantine dates. (For example – If your last contact is August 1, day 7 of quarantine is August 8, 2021. Day 10 of quarantine is August 11, 2021. Day 14 of quarantine is August 15, 2021) Write down the Day 7 date: _______________. Write down the Day 10 date: _______________. Write down the Day 14 date: _______________.

SECOND: Choose an option below based on your day of quarantine.
☐ Beyond Day 10 of quarantine – You are past Day 10. You may go to work/school. It is recommended you wear a mask while at work and monitor yourself each morning for symptoms of COVID-19 through Day 14 of quarantine. Do not report to work with symptoms or with fever of 100.4F or greater. Seek testing and isolate.

☐ Modified quarantine with testing:
• Must stay at home through Day 7 of quarantine
• Obtain testing* on Day 5-7, provided you have no symptoms of COVID-19.
• If test result is negative, you may return to work on Day 8 __________ if you have no symptoms. Provide test result to your employer, if requested.
• It is recommended you wear a mask while at work through Day 14 of quarantine and monitor yourself each morning for symptoms of COVID-19. If you develop symptoms after testing, get another test.
• If result is positive – notify your employer that you will need to isolate at home. See “I AM A CASE” instructions.

☐ Modified quarantine without testing:
• Stay at home through Day 10. You may return to work on Day 11 if you have no symptoms.
• It is recommended you wear a mask while at work and monitor yourself each morning for symptoms of COVID-19 through Day 14 of quarantine. If you develop symptoms, get tested.
• If result is positive – notify your employer that you will need to isolate at home. See “I AM A CASE” instructions.

If you have a serious chronic medical condition, you may be at risk for more severe illness from COVID-19. Notify your doctor that you have been exposed to the virus to obtain additional guidance.

You may call the health department with questions at (850) 342-0170, press 1 for the COVID-19 hotline.

*See “FDA-EUA Approved COVID-19 Tests” for use when sick and well. Usually must get PCR test for modified quarantine with testing.

Version date 8/21/2021