I AM A CLOSE CONTACT TO A CASE OF COVID-19. I AM FULLY VACCINATED
(14 DAYS PAST THE SECOND DOSE OF A 2-DOSE SERIES OR 1-DOSE OF A 1 DOSE SERIES COVID-19 VACCINE)
OR
I AM WITHIN 90 DAYS OF A RECENT COVID-19 INFECTION

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 have 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). Write down your Day 14 date: ____________.

SECOND: Follow directions below based on your status
☐ I am fully vaccinated, and I am well.
  - Congratulations on being fully vaccinated! You are exempt from staying home during quarantine.
  - We strongly recommend that you:
    o Get tested* 3-5 days following date of last contact. (For example: date of last contact is August 1, 2021. That is Day 0. Day 3 – 5 are between August 4-6, 2021)
    o Wear a mask in public indoor settings for 14 days since date of last contact or until you receive a negative test result.
  - If you develop COVID-19 symptoms, stay home from work and community activities, seek medical evaluation AND obtain testing. Notify provider of your vaccination status:
    o If result is negative – Stay home until symptoms resolve including fever or follow any return to work criteria of your workplace/school.
    o If result is positive – Notify your employer that you will need to isolate at home. See “I AM A CASE” instructions. NOTE: Cases of COVID-19 are rare in fully vaccinated individuals.

☐ I recovered from COVID-19 infection in the past 90 days, and I am well.
  - You are exempt from staying home during quarantine.
  - Monitor your health for symptoms of COVID-19 for 14 days since date of last contact with case.
  - If you develop COVID-19 symptoms, stay home from work and community activities
    o Seek medical evaluation
    o Follow advice of healthcare provider regarding return to work and community activities.

If you have a serious chronic medical condition and become ill with COVID-19 symptoms, you may be at risk for more severe illness from COVID-19. Please call your doctor for 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.

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