



# How to count days after testing positive or being exposed to COVID-19

## IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You get a positive test result or start having COVID symptoms. Start isolation.</p> <p>Day 0</p>	Day 1	Day 2	Day 3	Day 4	<p>If you have no symptoms or if symptoms are resolving, this could be last day of isolation</p> <p>+ Day 5</p>	<p>If you have no symptoms or if symptoms are resolving, could be done with isolation*</p> <p>Day 6</p>
Day 7	Day 8	Day 9	Day 10	Day 11	<p>*Continue to wear a well-fitting mask when around others until Day 11</p> <p>+ Take a rapid antigen test this day to determine next steps, if possible</p>	

**BSHJ recommendation:** if you're often around vulnerable populations (e.g., unvaccinated, immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

### And you...

- are 18+ years old, are fully vaccinated, and have gotten a booster (if eligible), OR
- are 5-17 years old and have completed the primary series of COVID-19 vaccines, OR
- tested positive for COVID-19 within the last 90 days

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Wear a well-fitting mask around others.</p> <p>Day 0</p>	Day 1	Day 2	Day 3	Day 4	<p>Get tested on this day if possible.</p> <p>Day 5</p>	Day 6
Day 7	Day 8	Day 9	Day 10	<p>You may stop wearing a well-fitting mask around others.</p> <p>Day 11</p>		

**BHSJ recommendation:** if you are often around vulnerable populations (e.g., unvaccinated, immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

\*These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance.



# How to count days after testing positive or being exposed to COVID-19

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are not fully vaccinated, OR
- got your 2nd dose of Pfizer vaccine more than 5 months ago and have not gotten a booster, OR
- got your 2nd dose of Moderna vaccine more than 6 months ago and have not gotten a booster, OR
- got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster:

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Stay home (quarantine).</p> <p>Day 0</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	<p>Get tested on this day if possible.</p> <p>Day 5</p>	<p>You can end quarantine. Keep wearing a well-fitting mask around others.</p> <p>Day 6</p>
<p>Day 7</p>	<p>Day 8</p>	<p>Day 9</p>	<p>Day 10</p>	<p>You may stop wearing a well-fitting mask around others.</p> <p>Day 11</p>		

BHSJ recommendation: if you are often around vulnerable populations (e.g., unvaccinated, immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

As of 1/10/22, Branch, Hillsdale, and St. Joseph Counties remain at a high level of COVID-19 transmission.

Everyone should wear a well-fitting mask in indoor public spaces.

See the latest information on COVID-19 at [www.bhsj.org/coronavirus](http://www.bhsj.org/coronavirus)

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