

COVID-19: CONTACT GUIDELINES

ALLEGHENY COUNTY HEALTH DEPARTMENT



HAVE YOU BEEN EXPOSED¹ TO COVID-19?

YES

NO

ARE YOU FULLY VACCINATED²?

YES

DO YOU HAVE COVID-LIKE SYMPTOMS?

YES

NO

NO

ISOLATE

- CONTACT A HEALTH CARE PROVIDER FOR EVALUATION
- GET TESTED

GET TESTED

- GET TESTED 5-7 DAYS AFTER EXPOSURE¹
- WEAR A MASK INDOORS FOR 14 DAYS OR UNTIL NEGATIVE TEST³
- IF YOU LIVE WITH SOMEONE WITH COVID-19 GET TESTED RIGHT AWAY, AND AGAIN 2-5 DAYS AFTER THAT PERSON HAS COMPLETED THEIR 10-DAY ISOLATION

14 DAY QUARANTINE

- QUARANTINE MAY BE ENDED EARLY IF THE FOLLOWING CONDITIONS ARE MET:
 - AFTER 10 DAYS, IF NO SYMPTOMS
 - AFTER 7 DAYS*, IF NEGATIVE TEST³ PERFORMED 5 OR MORE DAYS AFTER EXPOSURE¹
- *CHATHAM REQUIRES QUARANTINE TO END NO SOONER THAN 10 DAYS FROM EXPOSURE, REGARDLESS OF A NEGATIVE TEST BEFORE THEN.**

LEARN MORE AT [ALLEGHENYCOUNTY.US/CORONAVIRUS](https://alleghenycounty.us/coronavirus)

¹ AN EXPOSURE IS WHEN A PERSON, VACCINATED OR UNVACCINATED, WAS WITHIN 6' OF A COVID-POSITIVE PERSON FOR A TIME PERIOD OF 15 MINUTES OR MORE.

² FULLY VACCINATED MEANS WHEN A PERSON IS TWO-WEEKS PAST RECEIVING THEIR JANSSEN/J&J VACCINES, OR TWO-WEEKS PAST RECEIVING THEIR SECOND DOSE OF THE MODERNA OR PFIZER VACCINE.

³ PCR (POLYMERASE CHAIN REACTION) TEST PREFERRED

