

# COVID-19: CONTACT GUIDELINES

ALLEGHENY COUNTY HEALTH DEPARTMENT



HAVE YOU BEEN EXPOSED<sup>1</sup> TO COVID-19?

YES

NO

ARE YOU FULLY VACCINATED<sup>2</sup>?

YES

DO YOU HAVE COVID-LIKE SYMPTOMS?

YES

NO

NO

## ISOLATE

- CONTACT A HEALTH CARE PROVIDER FOR EVALUATION
- GET TESTED

## GET TESTED

- GET TESTED 2-5 DAYS AFTER EXPOSURE<sup>1</sup>
- WEAR A MASK INDOORS FOR 14 DAYS OR UNTIL NEGATIVE TEST<sup>3</sup>
- 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 TEST<sup>3</sup> PERFORMED 5 OR MORE DAYS AFTER EXPOSURE<sup>1</sup>
- \*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)

<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> PCR (POLYMERASE CHAIN REACTION) TEST PREFERRED

