



Eastern Highlands Health District

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I am a close contact of someone with COVID-19. What should I do?

If you have been boosted OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of Johnson & Johnson within the last 2 months:

- Wear a mask around others for 10 days.
- Get tested on day 5 following exposure, if possible.
- Monitor for symptoms for 14 days following last exposure to positive case, if symptoms develop, get a test and stay home.

If you completed primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR completed the primary series of Johnson & Johnson over 2 months ago and are not boosted OR are unvaccinated:

- Quarantine at home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Get tested on day 5 following exposure, if possible.
- Monitor for symptoms for 14 days following last exposure to positive case, if symptoms develop, get a test and stay home.
- Household contacts: if a positive case is *not able to isolate* (private bedroom, private bathroom, avoid common household areas) and there is *ongoing household contact*, the close contacts within the household should quarantine for the entire 5-day isolation period plus 5 days.

If you recently recovered from COVID-19:

- You do not need to quarantine if you have had a positive COVID-19 test result in the past 90 days and have completed your isolation period, as long as you are not experiencing symptoms.
- Monitor for symptoms for 14 days following the exposure.