

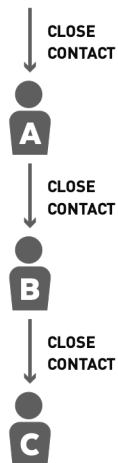
# DO I NEED TO SELF-ISOLATE/QUARANTINE FOR COVID-19?

Based on the best scientific advice currently available

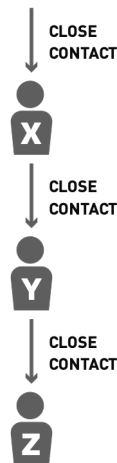
This guidance is for people with **NO fever or respiratory symptoms** and are **not healthcare workers**.



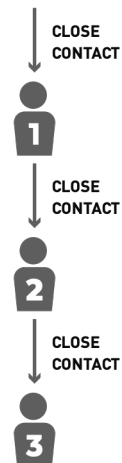
**PERSON WHO HAS TESTED POSITIVE FOR COVID-19**



**PERSON WITH SYMPTOMS WHO WAS TESTED AND IS AWAITING RESULTS**



**PERSON WHO IS WELL, BUT TRAVELED IN A LEVEL 3 AREA**



## **OPTION A: If this is you...**

Quarantine for 14 days. Contact HUHS for advice on next steps.

## **OPTION B: If this is you...**

Okay to go to work/school. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact HUHS and your personal healthcare provider.

## **OPTION C: If this is you...**

Okay to go to work/school. Practice social distancing. If you develop symptoms, contact your personal healthcare provider.

## **OPTION X: If this is you...**

Follow the guidance for Option "A" above until you learn that the person tested negative. If they test positive, then keep following advice for Option "A".

## **OPTION Y: If this is you...**

Follow the guidance for Option "B" above until you learn that the person tested negative. If they test positive, then keep following advice for Option "B".

## **OPTION Z: If this is you...**

Okay to go to work/school. Practice social distancing. If you develop symptoms, contact your healthcare provider.

## **OPTION 1: If this is you and the person traveled in the past 14 days...**

Okay to go to work/school. Practice social distancing. Watch for symptoms. If you develop fever or other symptoms, contact HUHS and your personal healthcare provider.

## **OPTION 1: If this is you and the person traveled over 14 days ago...**

Okay to go to work/school. Practice social distancing. If you develop symptoms, contact your personal healthcare provider.

## **OPTION 2 OR 3: If this is you...**

Okay to go to work/school. Practice social distancing. If you develop symptoms, contact your personal healthcare provider.

\*Close contact means being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).

**NOTE:** If you have a connection that is more distant than the options described above, you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do not need to do anything different from everyone else, unless they themselves have risks due to some other exposure.