

Isolation and Quarantine Guidelines

If you have symptoms of COVID-19, if you test positive for COVID-19, or if you were exposed to someone with COVID-19, you need to take steps to avoid getting other people sick. Follow these guidelines to know what to do. The following guidelines apply to the general population. Isolation and quarantine guidelines for schools, congregate living settings, and certain workplaces are different. Get more details at www.whatcomcounty.us/covid.

If you test positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days. Notify your close contacts.
- After 5 days if you have had no symptoms or your symptoms have gone away, you can end isolation.
- Keep wearing a mask around others, including your household members for 5 more days.
- If you still have symptoms, keep isolating until they go away.

If you have symptoms of COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Get tested as soon as possible.
- Stay home and away from others to avoid getting them sick.
- If you cannot get tested right away, keep isolating.

If you were exposed to someone with COVID-19 (Quarantine)

If you:

Are fully vaccinated and had a booster

OR

Finished your series of Pfizer or Moderna in the last 6 months

OR

Finished your series of J&J in the last 2 months

- You do not have to quarantine.
- You must wear a mask around others, including household members, for 10 days.
- Get tested on day 5 after your exposure, if possible.

If you develop symptoms of COVID-19, get tested and stay home.

If you:

Are unvaccinated or not fully vaccinated

OR

Finished your series of Pfizer or Moderna more than 6 months ago and are not boosted

OR

Finished your series of J&J more than last 2 months and are not boosted

- Stay home for 5 days.
- If you don't develop any symptoms after 5 days, you can end quarantine. Keep wearing a mask around others for 5 more days.
- Get tested on day 5 after your exposure, if possible.

If you develop symptoms of COVID-19, get tested and stay home.