COVID-19: Isolation Guidance

For individuals who have been tested





Are you experiencing any symptoms?





Yes



Have or are you experiencing any symptoms?

5 day isolation (day 0 is the day you started experiencing symptoms or tested positive, whichever occurred first.) If you have a fever, continue to stay home until your fever resolves for at least 24 hours. Continue to wear a mask around others for an additional 5 days.

5 day isolation and then you must wear a mask around others for an additional 5 days.





Were you a close contact to a positive case of COVID-19?

You may have something else, like the flu, or other infection. Contact your primary care provider. Stay home until you are feeling better.





Follow quarantine guidance.

For more information:

252.475.5008 COVID19@darenc.com DareNC.com/Covid19



County of Dare

Department of Health & Human Services
PO Box 669 | Manteo, NC 27954

You can go about normal activities, but continue to practice safety measures.

COVID-19: Quarantine Guidance



Were you within 6 feet or less of a positive case for more than 15 minutes, within 48 hours prior to their symptoms starting or testing positive?

Are you vaccinated?



No

You are not considered a close contact and can resume normal activities. If symptoms occur, get tested.



Yes

booster shot?





Quarantine for 5 days. Day 0 is the day in which you were around the positive case. You must wear a mask around anyone for the next 5 days. If symptoms occur, get tested.

You do not have to quarantine. Wear a mask for 10 days following exposure. Best practice would include being tested 5 days after exposure or at first sign of any symptoms.

Are you eligible for a booster OR has it been more than 6 months since your last Pfizer or Moderna Vaccine OR more than 2 months since your last J&J?





Quarantine for 5 days. Day 0 is the day in which you were around the positive case. You must wear a mask around anyone for the next 5 days. If symptoms occur, get tested.

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You do not have to quarantine. Wear a mask for 10 days following exposure. Best practice would include being tested 5 days after exposure or at first sign of any symptoms.

*n/a- see CDC guidelines on booster eligibility based on vaccine and age.

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