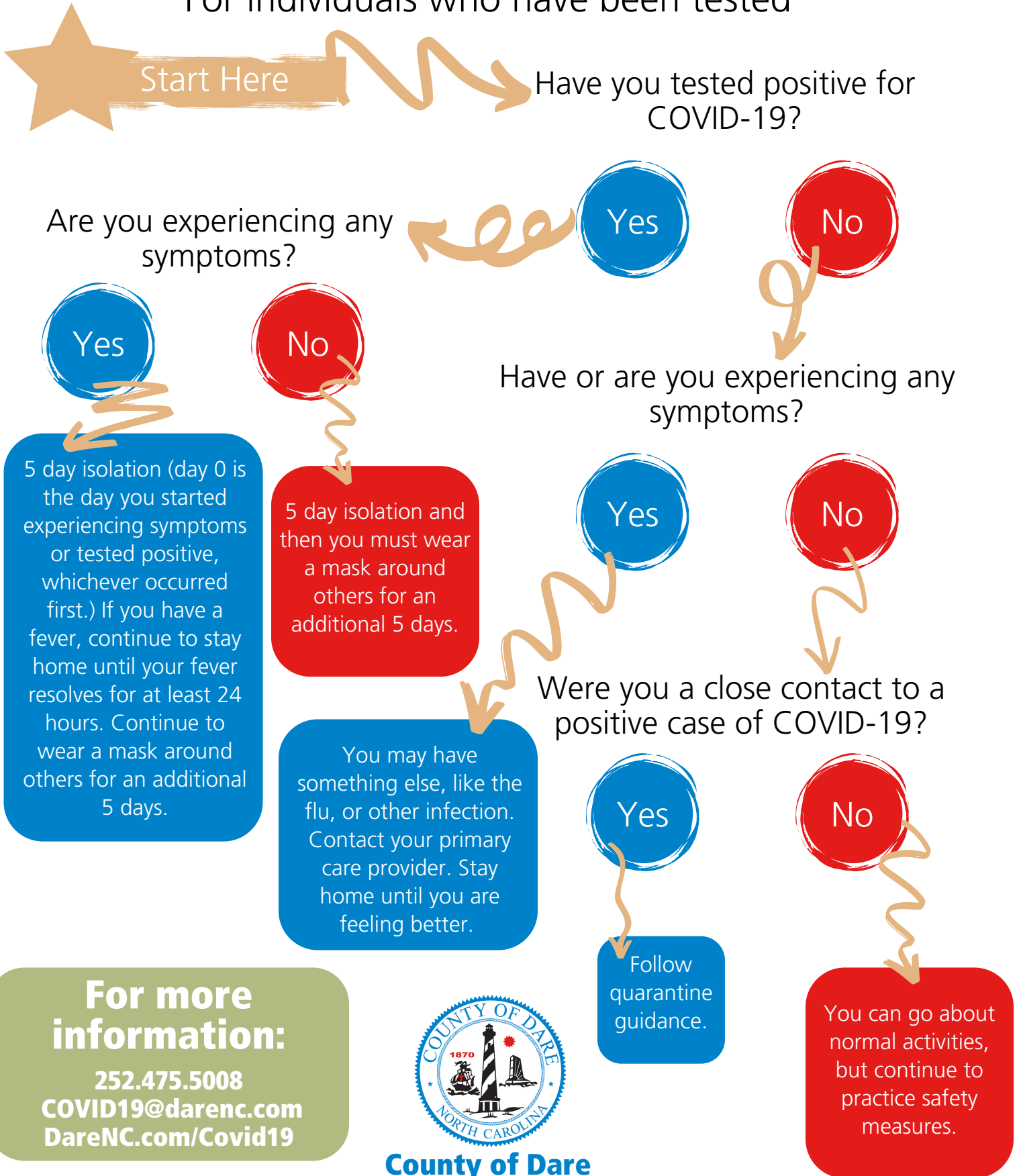


# COVID-19: Isolation Guidance

For individuals who have been tested



**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

# 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?

Start Here

Are you vaccinated?

Yes

No

No

Yes

Did you receive a booster shot?

Yes  
or n/a\*

No

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

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?

Yes

No

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.

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

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