

# ISOLATION & QUARANTINE CALCULATOR

Those in isolation or quarantine should wear a mask around others

## YOU HAVE TESTED POSITIVE AND HAVE SYMPTOMS

### ISOLATION WITH SYMPTOMS

If your symptoms first began on: **1/12/2022** (Day 0)

If symptoms have improved and 24 hours have passed without a fever without the use of medication, your last day of isolation is: **1/17/2022** (Day 5)

Your isolation ENDS on: **1/18/2022** (Day 6)

Continue to wear a mask through: **1/22/2022** (Day 10)  
If you cannot mask, continue to isolate at home for the full 10 days.

January							2022
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 <small>New Year's Day</small>	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

## YOU HAVE TESTED POSITIVE BUT HAVE NO SYMPTOMS

### ISOLATION WITH NO SYMPTOMS

If you tested positive on: **1/12/2022** (Day 0)

If you continue to have no symptoms, your last day of isolation is: **1/17/2022** (Day 5)

Your isolation ENDS on: **1/18/2022** (Day 6)

Continue to wear a mask through: **1/22/2022** (Day 10)  
If you cannot mask, continue to isolate at home for the full 10 days.

**If you develop symptoms, the day symptoms start becomes (Day 0) and isolation will need to start over.**

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						1 <small>New Year's Day</small>	
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16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

## YOU ARE A CLOSE CONTACT OF SOMEONE WHO TESTED POSITIVE

### QUARANTINE NOT NEEDED

**18+ WITH ALL RECOMMENDED SHOTS, 5-17 WITH COMPLETED PRIMARY SERIES, OR HAVE BEEN COVID-19 POSITIVE WITHIN THE LAST 90 DAYS:**

Last known exposure: **1/12/2022** (Day 0)

Recommended date for testing: **1/17/2022** (Day 5)

Wear a mask through: **1/22/2022** (Day 10)

### QUARANTINE NEEDED

**UNVACCINATED OR UNBOOSTED, EVEN IF YOU ARE ELIGIBLE:**

Last known exposure: **1/12/2022** (Day 0)

Recommended date for testing: **1/17/2022** (Day 5)

Your quarantine ENDS: **1/18/2022** (Day 6)

Wear a mask through: **1/22/2022** (Day 10)

**If you develop symptoms, you need to be tested right away.**

**If you test positive, you need to follow isolation guidelines. (Day 0) is the day symptoms started or the day you tested positive if no symptoms**

January							2022
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						1 <small>New Year's Day</small>	
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