

I'VE BEEN EXPOSED TO COVID-19.

WHAT SHOULD I DO NOW?

—MASKED OR UNMASKED—

Were you within 6 feet of this person for 15 minutes or longer?

NO

No need to quarantine or be tested.

Keep on social distancing, wearing a mask in public and washing your hands often.

YES

Have you had a positive COVID-19 test in the last 90 days and recovered from the illness?

YES

No need to quarantine or be tested.

Keep on social distancing, wearing a mask in public and washing your hands often.

Note:

Positive test results will be confirmed with DPH; if you do begin to experience symptoms, start a 14-day quarantine immediately.

NO

CDC and DPH guidance require a 14-day quarantine.

CDC: Centers for Disease Control & Prevention
DPH: Georgia Department of Public Health

The 14 days starts after the day of your last in-person contact with the one who tested positive.

**WANT TO SHORTEN YOUR QUARANTINE?
SEE PAGE 2.**

Stay at home and monitor your temperature daily. Do not go out in public. It is not necessary to isolate from family unless you become ill.

If you begin to feel ill or show any symptoms of COVID-19, get tested right away. If you are positive, please notify your school immediately.



HOW TO SHORTEN YOUR QUARANTINE AND RETURN TO SCHOOL

Q7: STEPS REQUIRED TO SHORTEN QUARANTINE TO 7 DAYS

- MUST BE FREE OF SYMPTOMS*
- MUST TEST NEGATIVE FOR COVID AFTER THE 5TH DAY OF QUARANTINE
- MUST WEAR A MASK THROUGH THE 14TH DAY OF INITIAL QUARANTINE
- MUST CONTINUE TO SELF-MONITOR FOR SYMPTOMS* THROUGH THE 14TH DAY OF INITIAL QUARANTINE

Q10: STEPS REQUIRED TO SHORTEN QUARANTINE TO 10 DAYS

- MUST BE FREE OF SYMPTOMS*
- MUST WEAR A MASK THROUGH THE 14TH DAY OF INITIAL QUARANTINE
- MUST CONTINUE TO SELF-MONITOR FOR SYMPTOMS* THROUGH THE 14TH DAY OF INITIAL QUARANTINE

No testing required for 10-day quarantine

**The most common symptoms of the disease are fever, cough, and shortness of breath. Other symptoms may also include fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.*

Calculating Quarantine Days- example

SUN	MON	TUES	WED	THURS	FRI	SAT
	DECEMBER	1	2	3	4	5
6	7 COVID EXPOSURE	8 Q-1 Start Quarantine	9 Q-2	10 Q-3	11 Q-4	12 Q-5
13 Q-6 Eligible to test to reduce Quarantine to Q7	14 Q-7 Last Day of Q7 if criteria are met	15 Q-8 Q7 Return to School with conditions	16 Q-9	17 Q-10 Last Day of Q10 if criteria are met	18 Q-11 Q10 Return to School with conditions	19 Q-12
20 Q-13	21 Q-14 Last Day of Quarantine, no criteria	22 Return to School, Q7 and Q10 conditions end	23	24	25	26

