



HEALTHY VANDALS

~ protect yourself and others ~

When should I ISOLATE OR QUARANTINE?

ISOLATE IF YOU TEST POSITIVE FOR COVID-19

- Stay home for five days, regardless of vaccination status
- You can end isolation after five full days from positive test if you are fever-free for 24-hours (including body aches and chills, without the use of fever reducing medication) and your other symptoms are improving or you are asymptomatic.
- After five full days of isolation, if your symptoms are not resolving and/or you still have a fever, body aches, or chills, continue to isolate an additional five days. Seek medical guidance with questions about your symptoms.
- Wear a well-fitted mask for 10 full days from positive test and ANYTIME you are around others in your home or public.

IF YOU WERE A CLOSE CONTACT* TO SOMEONE WITH COVID-19

AND YOU:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last five months

OR

Completed the primary series of J&J vaccine within the last two months

OR

Have had a positive COVID-19 test in the past 90 days

- No quarantine needed.
- Wear a mask around others for 10 days.
- Test on day five, if possible.
- If you develop symptoms, get a test and stay home.
- Follow isolation procedures if you test positive.

Completed the primary series of Pfizer or Moderna vaccine over five months ago and ARE NOT BOOSTED

OR

Completed the primary series of J&J over two months ago and ARE NOT BOOSTED

OR

Are UNVACCINATED

- Stay home and quarantine for five days. After that continue to wear a mask around others for five additional days.
- Test on day five, if possible.
- If you develop symptoms, get a test and stay home.
- Follow isolation procedures if you test positive.

File a VandalCare report if you test positive or are exposed. www.uidaho.edu/VandalCare

Visit www.cdc.gov or talk to a medical provider for additional guidance or if your symptoms worsen or become difficult to manage.

*Close contact: If you were less than six feet away from someone confirmed to have COVID-19 (according to test result or clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period when at least one of you is unmasked.