# Quick Guide: Isolation and Quarantine Testing and Day Counts

## You Test Positive for COVID-19

*Students — contact SHAW if you have an exposure.*

<table>
<thead>
<tr>
<th>Day 0</th>
<th>Isolate Day 1</th>
<th>Isolate Day 2</th>
<th>Isolate Day 3</th>
<th>Isolate Day 4</th>
<th>Isolate Day 5</th>
<th>Return to in-person activities if fever-free for 24 hours and symptoms improving.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>If symptoms are not improving or fever persists, continue isolation.</td>
</tr>
</tbody>
</table>

Wear a mask around household/residence members.

## You Are Exposed*

*and your vaccines are up to date*

*Students — contact SHAW if you have an exposure.*

<table>
<thead>
<tr>
<th>Day 0</th>
<th>Continue Routine Activities Day 1</th>
<th>Continue Routine Activities Day 2</th>
<th>Continue Routine Activities Day 3</th>
<th>Continue Routine Activities Day 4</th>
<th>PCR TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Continue Routine Activities Day 1</td>
<td>Continue Routine Activities Day 2</td>
<td>Continue Routine Activities Day 3</td>
<td>Continue Routine Activities Day 4</td>
<td>If positive, begin isolation Day 0. See Test Positive Test Chart.</td>
</tr>
</tbody>
</table>

If negative, continue routine activities.

Day 5

Wear a mask in public and around household/residence members.

## You Are Exposed*

*and your vaccines are not up to date or you received a vaccine exemption*

*Students — contact SHAW if you have an exposure.*

<table>
<thead>
<tr>
<th>Day 0</th>
<th>Quarantine Day 1</th>
<th>Quarantine Day 2</th>
<th>Quarantine Day 3</th>
<th>Quarantine Day 4</th>
<th>PCR TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Quarantine Day 1</td>
<td>Quarantine Day 2</td>
<td>Quarantine Day 3</td>
<td>Quarantine Day 4</td>
<td>If positive, begin isolation Day 0. See Test Positive Test Chart.</td>
</tr>
</tbody>
</table>

If negative, continue routine activities.

Day 5

Wear a mask in public and around household/residence members.

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*Exposure is when you have had close contact with a person with a confirmed positive test (within 6 feet for 15 minutes or more, cumulative in a 24-hour period without a mask).*

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*Isolation* separates sick people with a contagious disease from people who are not sick.

People who are in isolation should stay home and stay in a specific “sick room” or area and use a separate bathroom (if available).

*Quarantine* separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

People who are in quarantine should stay home but do not need to stay in a specific “sick room.”

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Last revised January 24, 2022