



Public Health
Prevent • Promote • Protect
Oconto County
Health & Human Services

Exposed to COVID-19:



- Start masking for 10 days. Last exposure is day 0. Mask inside your home and in public.

Watch for symptoms, if they develop then isolate immediately and get tested.

If positive, follow isolation guidelines below.



- Test on day 6. Even if you have no symptoms.

If negative, continue precautions thru day 10.

If positive, follow isolation guidelines below.

Isolation Guidelines for COVID-19 (if you test positive)

- If no symptoms, day 0 is the day you tested. Isolate at home for 5 days and stay away from others in your home.



Mask at home and stay away from others in your home.

Do not travel.

- If you have symptoms, day 0 is the day of symptom onset. Isolate for 5 days. Isolation may end after 5 days if:



You are fever free for 24 hours without medication.

Your symptoms are improving.

- If you had a moderate illness (shortness of breath, difficulty breathing) or severe illness (hospitalized) or if you have a weakened immune system, you need to isolate thru day 10.



- You should mask through day 10.

If you have access to antigen tests, 2 negative tests that are 48 hours apart can end masking sooner than day 10.

Regardless of when you end isolation avoid people who are more likely to get very sick from COVID-19 until at least day 11.

For more information you can visit: [What to Do If You Were Exposed to COVID-19 | CDC](#)

[Isolation and Precautions for People with COVID-19 | CDC](#)