COVID-19 QUARANTINE GUIDELINES

Follow these recommendations and guidelines if you are quarantining for COVID-19.

If you are exposed to a COVID-19 positive person:

- If you are exposed to a COVID-19 positive person, you should quarantine.
- Your time in quarantine will keep you from spreading the virus to others if you are infected and have no symptoms.
- When in quarantine, you should wear your mask at all times when around others.
- Do not mix with other people outside of your household - the people you live with, unless absolutely necessary.

Three different ways you can quarantine as long you have NO symptoms:

1. Quarantine for 14 days; especially if you are going to be around people that are high-risk for the virus: people who are elderly, have certain underlying medical conditions, or are immunocompromised (*recommended*).
2. Quarantine for 10 days if you **have NO** symptoms.
3. Quarantine for 7 days if you have a negative COVID-19 test on or after Day 5 and **have NO** symptoms.

Take steps to protect yourself and others:

- Continue to complete your daily 4.0:

WEAR A MASK	PHYSICAL DISTANCE	WASH YOUR HANDS	DAILY SCREENING

- Separate yourself from people you live with - use a separate room and bathroom, if possible.
- Do not go to work, school, or other places outside your home.
- Do not allow others into your home.
- Ask friends or family to drop off groceries, medicines, or supplies.
- UK Health Corps can provide help or support. Contact the team at 859-218-SAFE (7233).

Questions about potential exposure or quarantine? Contact UK Health Corps via email at healthcorps@uky.edu or by phone at 859-218-SAFE (7233).

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