











- If you are in Kindergarten or older, you need to isolate yourself from anyone else in your household as best you can for 5 days. Note symptom start date or test date is day **Zero**. Starting day 6 you may leave isolation as long as you have improved symptoms and are able to wear a well fitting mask for day 6-10. If you are in daycare/preschool you need to isolate for 10 days.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1 Symptom Start DAY 0 | 2  DAY 1 | 3  DAY 2 | 4  DAY 3 | 5  DAY 4 |
| 6  DAY 5 | 7  DAY 6 | 8  DAY 7 | 9  DAY 8 | 10  DAY 9 | 11  DAY 10 | 12 Monitoring Period Over |

- You do not need a repeat test once your isolation period ends. Some people may test positive for covid 19 via PCR for up to 90 days. You do not need a repeat test to return to school/daycare/work.