











- If you are 2 or older and can consistently wear a mask around others, 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 even outside for days 6-10. If you are under 2 or unable to consistently wear a mask around others 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.