

STOP THE SPREAD OF COVID-19



WHEN YOU CAN BE AROUND OTHERS

Use the charts below to determine when it's safe to leave your home.

A

I HAD COVID-19 SYMPTOMS

Most people can leave their "sick room" and home **after all 3 of these things have happened:**

- ✓ You haven't had a fever for at least 24 hours (without the use of medicine that reduces fevers),
- AND**
- ✓ Respiratory symptoms such as cough and shortness of breath have improved,
- AND**
- ✓ At least 10 days have passed since symptoms started.



IF YOU ARE IMMUNOCOMPROMISED, CHECK WITH YOUR DOCTOR BEFORE ENDING ISOLATION.



B

I TESTED POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

Most people can leave their "sick room" and home **after both of these things have happened:**

- ✓ At least 10 days have passed since your positive COVID-19 test.
- AND**
- ✓ You don't develop any symptoms such as cough or shortness of breath since the test.



C

I WAS EXPOSED TO COVID-19

Use this chart if you have quarantined because you spent at least 15 minutes within 6 feet of a person with confirmed or suspected case of COVID-19.

The positive case is in my household*:

- ✓ Stay home and monitor for symptoms the entire time the person is home sick, and for 14 days after the person is allowed to leave the house (see chart above for when the person is allowed to leave)

The positive case is NOT in my household*:

- ✓ Stay home and monitor for symptoms for 14 days after the last time you interacted with the person.

** If you are a healthcare or critical infrastructure worker, follow isolation guidance provided by your employer.*

For alerts, text **ALEXCOVID19** to **888777** • Alexandria COVID-19 Hotline: 703.746.4988 Mon.-Fri. 9am-6pm

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