## posed to COVID-19? sk 2 Questions



**MASKED OR UNMASKED** 

Were you less than 6 feet apart from this person for 15 minutes or more recently?



Have you recovered from COVID-19 within the past 3 months?

If you are currently ill with COVID-19, complete isolation according to Health Department's recommendations.

COVID-19+

YES



If you feel sick, Self-isolate. Get tested.



**Business as usual!** 

**Continue to practice illness prevention:** 

Disinfect frequently touched surfaces

 Wear a mask in public Stay 6 feet from others Wash your hands frequently

 Avoid touching your face with unwashed hands

Stay home when sick

GWINNET'S

**Quarantine Calendar\*** 

COV	ST SAW /ID-19 + ERSON	M	T	W	_	F not i	_ 1	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	
	23	24	25	26	27	28	29	
	30	31						

Mark the day you were last in contact with the

Starting with the following day, count forward 14 days. These are the dates of CDC recommended 14 day quarantine.

earliest day you can get tested for COVID-19.

Mark day 7 of your quarantine. If you test negative for COVID-19 and have not experienced symptoms, this is the last day of shortened quarantine.

Mark day 10 of your quarantine. If you do not get tested for COVID-19 and have not experienced symptoms, this is the last day

Mark day 14 of your quarantine. If you did not experience symptoms, this is the last day of CDC recommended quarantine.

0	AST SAW OVID-19 + PERSON	M	T	W	_	F not i	_	
	2	3	4	5	6	7	8	
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	
	23	24	25	26	27	28	29	
	30	31						

COVID-19 postive person.

Mark day 5 of your quarantine. This is the

of shortened quarantine.

**GET TESTED ON OR AFTER DAY 5 OF QUARANTINE** 

negative test and no symptoms.\* **Get Tested** at the correct time!

You must do these 2 things:

minimum 7 days with

**Are you FEELING ILL?** 



**GET TESTED** NOW!

#HEALTHY #PROTECTED #PREPARED WWW.GNRHEALTH.COM/COVID-19-INFO

**COUNTY HEALTH** 

**DEPARTMENTS**