IF YOU HAD CLOSE CONTACT WITH SOMEONE WHO HAS COVID-19, YOU NEED TO QUARANTINE IMMEDIATELY.

What counts as a “close contact”? 
• You were within 6 feet of someone with COVID-19 
• (with or without a mask) for 15 minutes or longer.
• You had direct physical contact with someone with COVID-19 (handshake, hug, kiss etc.)

How and why to quarantine: 
• Stay home. Do not go to work, school, or any public places.
• Separate yourself as much as possible from others in the home.
• Quarantine for 10 days if you are symptom-free.
• If you have symptoms, get tested.
• If you don’t have symptoms, YOU STILL NEED TO QUARANTINE!!!
• COVID-19 cases with no symptoms are still contagious.
• If you live with someone who has COVID-19, try to remain separated as much as possible as 10 days does not begin until you no longer have contact with each other.

If a close contact tests negative for COVID-19: 
• They may still be carrying the virus and infect others during the quarantine period. Therefore, they still NEED TO QUARANTINE!!!

Visit monroe.flhealth.gov/covid19
24/7 at 866-779-6121 or COVID-19@flhealth.gov
WHEN CAN I RETURN TO WORK OR SCHOOL?

- People who test positive for COVID-19 should isolate for 10 days from the start of any symptoms, or 10 days from their test date if they had no symptoms.

- If after the full 10 days of isolation, the person's symptoms have improved, and they have had no fever for at least 24 hours (without the use of fever reducing medication), they are considered not contagious and may return to work, school, and other activities. Per the CDC, retesting is not recommended as a positive result may continue to occur even though the person is no longer considered contagious.

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