Isolation and Quarantine Guidelines

If you have symptoms of COVID-19, if you test positive for COVID-19, or if you were exposed to someone with COVID-19, you need to take steps to avoid getting other people sick. Follow these guidelines to know what to do. *The following guidelines apply to the general population. Isolation and quarantine guidelines for schools, congregate living settings, and certain workplaces are different. Get more details at www.whatcomcounty.us/covid.*

If you test positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days. Notify your close contacts.
- After 5 days if you have had no symptoms or your symptoms have gone away, you can end isolation.
- Keep wearing a mask around others, including your household members for 5 more days.
- If you still have symptoms, keep isolating until they go away.

If you have symptoms of COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Get tested as soon as possible.
- Stay home and away from others to avoid getting them sick.
- If you cannot get tested right away, keep isolating.

If you were exposed to someone with COVID-19 (Quarantine)

If you:

Are fully vaccinated and had a booster

OR

Finished your series of Pfizer or Moderna in the last 5 months

OR

Finished your series of J&J in the last 2 months

- You do not have to quarantine.
- You must wear a mask around others, including household members, for 10 days.
- Get tested on day 5 after your exposure, if possible.

If you develop symptoms of COVID-19, get tested and stay home.

If you:

Are unvaccinated or not fully vaccinated

OR

Finished your series of Pfizer or Moderna more than 5 months ago and are not boosted

OR

Finished your series of J&J more than 2 months ago and are not boosted

- Stay home for 5 days.
- If you don't develop any symptoms after 5 days, you can end quarantine. Keep wearing a mask around others for 5 more days.
- Get tested on day 5 after your exposure, if possible.

If you develop symptoms of COVID-19, get tested and stay home.

Whatcom County
HEALTH
Department

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