After being diagnosed with COVID-19, even if you don't have symptoms, you will need to separate yourself from other people you live with, also called "isolation," and self-monitor until you are no longer able to spread COVID-19 to others.

**Close Contact of Someone with COVID-19?**
You are a "close contact" if ANY of the following situations happened while you spent time with the person with COVID-19 (even if they didn't have symptoms):
- Had direct physical contact with the person (hug, kiss, handshake).
- Were within 6 feet of the person for more than 15 minutes.
- Had contact with the person’s respiratory secretions (coughed or sneezed on, contact with dirty tissue, sharing a drinking glass, food or towels or other personal items).
- Stayed overnight for at least one night in a household with the person.

It is important to **self-quarantine and self-monitor for 14 days after you last had contact with the person with COVID-19**. While a 14-day quarantine remains the safest option, there is additional guidance to shorten quarantine further.

If you have been fully vaccinated against COVID-19 and were in close contact with someone with COVID-19, you do not have to quarantine if you meet ALL of the following criteria:

- Your exposure to someone with COVID-19 happened at least two weeks after receiving the last dose of your vaccine series; and
- You have not had any symptoms of COVID-19 since your last close contact.

Continue to monitor for symptoms for 14 days after your last close contact. If you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

Visit [www.dhs.wisconsin.gov/covid-19/close-contacts.htm](http://www.dhs.wisconsin.gov/covid-19/close-contacts.htm) to learn more.

**Diagnosed with COVID-19?**

When is my isolation period over?

You have been fever free without fever-reducing medications for at least 24 hours

AND

Your other symptoms have improved for at least 24 hours

AND

At least **10 days have passed since you first had symptoms** (or **10 days have passed since you were tested**).

REMEmber: Someone who is sick with COVID-19 can spread it two days before they show any symptoms. Not everyone with COVID-19 will have symptoms, but they may still spread it to others.
Do Not Leave Your College Residence to Isolate and Quarantine

College students who are diagnosed with COVID-19, have symptoms of COVID-19, or were exposed to someone with COVID-19, should isolate and quarantine at their college residence or other approved facility.

- Students who travel away from their college residence to isolate or quarantine risk bringing COVID-19 to their family and others in the community.
- If you must travel home, consider transportation and who you might be traveling with. Riding in the same vehicle with or without masks on is considered an instance of close contact.
- Individuals diagnosed with COVID-19 or who have been exposed, can't use public transportation (bus, train, airplane, ride-share).

Complete Isolation and Quarantine Safely

- Postpone all nonessential medical appointments until your isolation or quarantine period ends.
- Wash hands often and practice good hygiene. Disinfect and clean areas of your home frequently.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wear a cloth face covering when you must be around others.
- Do not not share personal items.
- Stay home.
- Separate yourself from others you live with and avoid shared spaces, if possible.
- Do not travel or use public transportation.

Self Monitor for Symptoms of COVID-19

If you are a close contact:
- Measure your temperature twice a day. If you don't have a thermometer, watch for symptoms of fever like chills, sweats, or feeling hot.
- If you develop cough, difficulty breathing, or any other symptoms of COVID-19, contact your doctor for medical care and testing.

If you have been diagnosed with COVID-19:
- Watch to see if your symptoms get worse.
- Get medical care if they get worse or if you have emergency warning signs.
- If you were diagnosed but never felt sick, watch for any symptoms of COVID-19 during your isolation period.

Living with Someone who has COVID-19

Those living with someone who is diagnosed or has symptoms of COVID-19 are considered close contacts that will need to quarantine. Those living in the same home as someone diagnosed with COVID-19:
- Can't attend school or child care and can't work outside of the home.
- Should stay home as much as possible. Leave for essential trips only.
- Should monitor themselves and other household members for symptoms.

All household members of someone who was exposed to COVID-19 should take precautions and be prepared to quarantine if the person develops symptoms or tests positive.