

# This timeline is for vaccinated and unvaccinated people.

# Day 0



Wear a respirator (like an N95) for **10 days**.

# Day 5



Continue to wear a respirator.

If you test positive, isolate immediately! You have COVID.

## **Day 10**



Continue to wear a respirator until the end of your 10th day.

After day 10, you no longer need to wear a respirator.

### DAY $0 \rightarrow 10$



**If you develop symptoms:** <u>Isolate</u>. Get tested immediately. For testing and isolation information see the CDC's COVID Calculator here: <u>bit.ly/48Jnllp</u> or ask your healthcare provider.

Remember! COVID at-home tests are more accurate if you test twice. If you are concerned, retest.

