

Health Monitoring and Work Exclusion/Quarantine

General Public: Calculate Your 10-day Health Monitoring Period

People who:

- DO NOT have symptoms, **AND**
- Are vaccinated or not fully vaccinated, **OR**
- Tested positive for COVID-19 in the past 90 days.

Recommended actions:

- Test within 3-5 days after last exposure.
- Monitor your health for symptoms.

10-Day Monitoring						
SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	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

Key

- △ Last close contact
- ☆ Test within 3-5 days of last contact
- Wear a face covering and monitor your health.

High-Risk Settings*: Calculate Your 5 to 10 day Work Exclusion or Quarantine

*If you live or work in high-risk settings:

- Emergency shelters, cooling/heating centers,
- Healthcare settings,
- Prisons, jails, detention centers,
- Homeless shelters,
- Long-term care settings, adult/senior care facilities.

Recommended actions:

- Exclude from work or quarantine for at least 5 days, after last exposure.
- Work exclusion or quarantine can end after Day 5 if symptoms are not present **and** tested negative on Day 5 or later.
- If unable to test or choose not to test, and symptoms are not present, work exclusion or quarantine can end after day 10.

Staff and residents who have NOT been:

- Vaccinated or fully vaccinated **OR**
- Tested positive with COVID-19 in the past 90 days.

5-Day Work Exclusion (WE) or Quarantine (Q)						
SU	MO	TU	WE	TH	FR	SA
27	28	29	30	31	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

Key

- △ Last close contact
- First full day of WE or Q
- ☆ Test on Day 5 of after**
- Work Exclusion or Quarantine
- Wear a face covering and monitor your health
- /// **If test not done AND no symptoms, WE or Q ends after Day 10

Everyone: [Follow guidance for masking or face covering.](#) Get vaccinated or boosted. If you have symptoms of COVID-19 or test positive, follow the [Health Officer Order for Isolation.](#)

If you are [immunocompromised](#) (more likely to get very sick), see recommendations on [when to seek care](#) and view the [vaccine and booster schedule.](#)

For more information on COVID-19, please visit:

coronavirus-sd.com

05-02-2022

