

# HOUSEHOLD QUARANTINE GUIDE

Use this guide if someone in your household has COVID-19 and you are unable to avoid contact

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

..... Household member tests positive for COVID-19  
..... Infected member isolates, household quarantines

30      31      **1**      2      3      4      5

..... Isolation ends for the infected household member .....

6      7      8      9      10      **11**      12

..... If household members could not avoid contact .....

..... Their 14 day quarantine starts over

13      14      15      16      17      18      19

..... Quarantine ends for all household members\* .....

20      21      22      23      24      **25**      26

27      28      29      30



\*Remember, you can't test out of quarantine

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ALASKA SMART START 2020