COVID-19 _7-DAY_ QUARANTINE TIMELINE

YOU CAN BECOME ILL WITH COVID-19 UP TO 14 DAYS AFTER EXPOSURE

THIS IS AN EXAMPLE OF COVID-19 EXPOSURE

DAY 0
You are exposed to COVID-19.

DAY 11
You become symptomatic and must isolate.

Monitor your symptoms at home.

DAY 6
You are tested for COVID-19.

DAY 8
Your COVID-19 test comes back negative, you have no symptoms, and you leave in-home quarantine.
If test results are pending, you must wait until you receive results.

A test is a **point in time**. You could test negative one day and positive the next as virus levels inside you increase enough for the test to detect. If you have questions about COVID-19, please dial **(316) 660-1022**.