

# COVID-19 10-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 13

You become symptomatic and must isolate.

Monitor your symptoms at home.

### DAY 10

You remain symptom free and leave in-home quarantine on day 11.



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**.