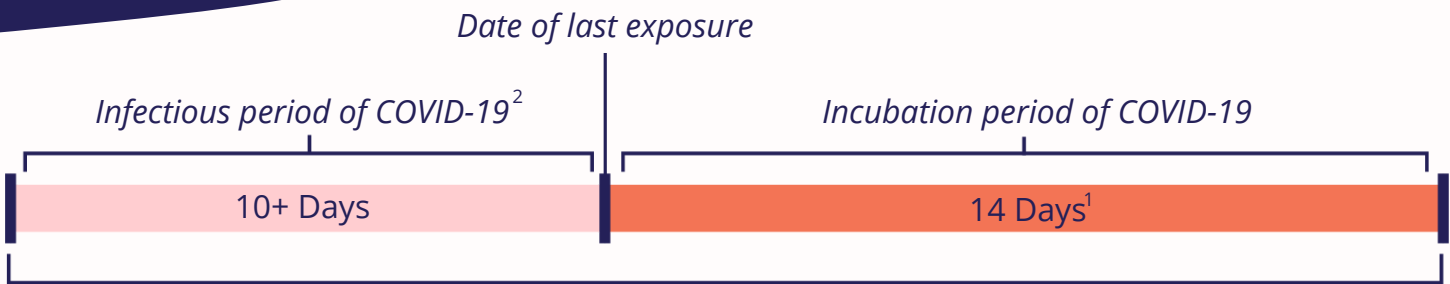


# QUARANTINING WITH CONTINUOUS EXPOSURE



## WHAT IS CONTINUOUS EXPOSURE?

Continuous exposure means that you are unable to separate from someone who has COVID-19, and are therefore being exposed on a daily basis. This makes the quarantine period longer than just 14 days<sup>1</sup>, since your date of last exposure is constantly changing.



## QUARANTINE TIMELINE

Due to continuous exposure during the infectious period<sup>2</sup>, every day you are around someone while they are infectious becomes the "date of last exposure". In order to capture the entire incubation timeline based off exposure, you have to quarantine for the whole time of the other person's infectious period plus 14 days<sup>1</sup> (unless you test positive).

## CONTINUOUS EXPOSURE SCENARIO

A mom is diagnosed positive with COVID-19, however dad and baby test negative. They are unable to separate and therefore dad and baby have to quarantine for 10 days while mom is sick, **PLUS** 14 days<sup>1</sup> from her final contagious point since dad and baby never developed symptoms or tested positive.



1. You may consider ending quarantine early after 10 days if you have no symptoms. Or after 7 days if you have no symptoms and you take a COVID PCR or NAAT test on day 6 or later and have a negative result.
2. People with COVID-19 are infectious until 10 days have passed from the onset of symptoms AND they go 24 hours without a fever.

