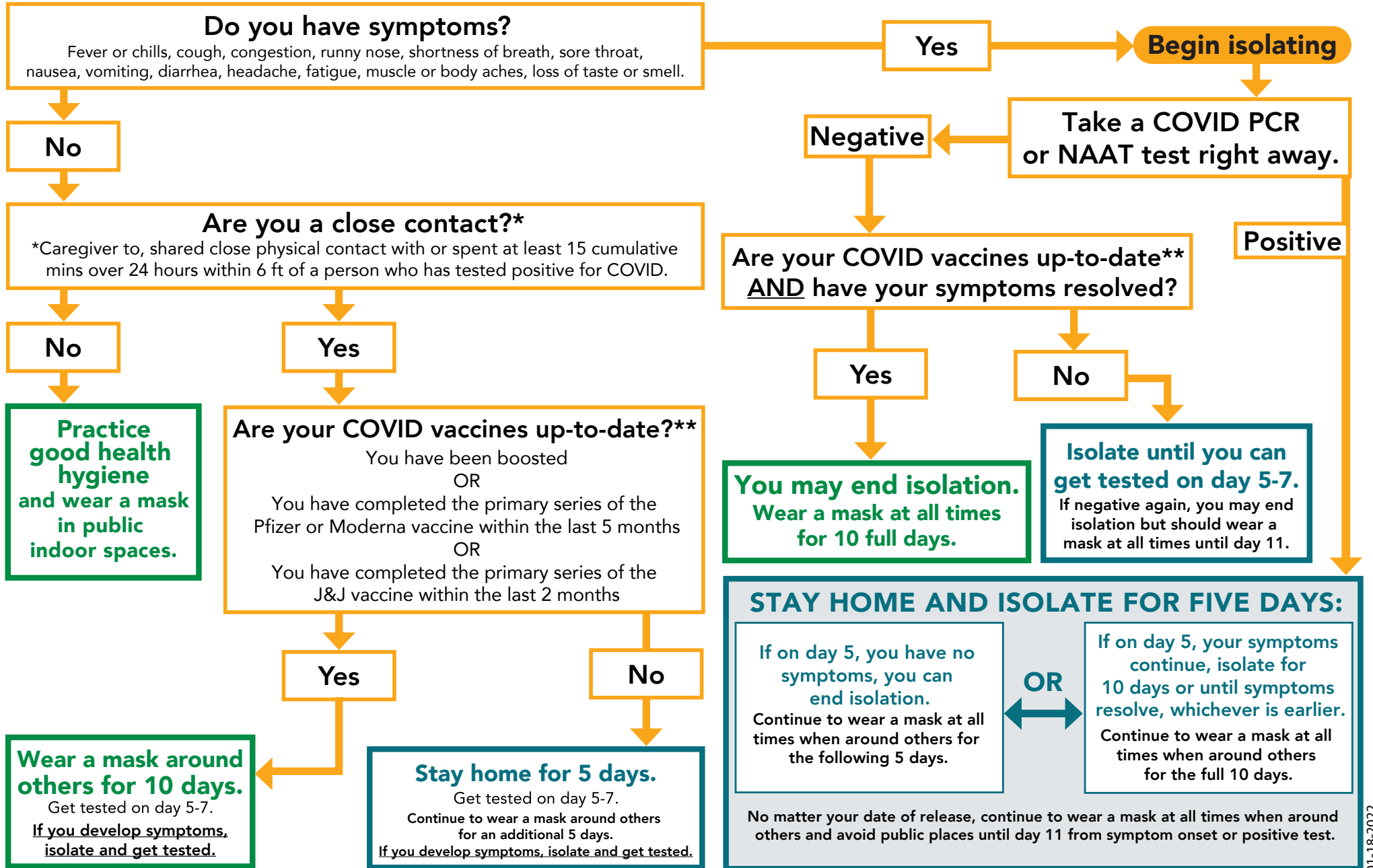




COVID-19 Testing, Isolation, and Quarantine Guidance

If your child attends school or childcare, please refer to the CDPHE Return To Learn flowchart.



01-18-2022

Calculating Quarantine: The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days.

Calculating Isolation: Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

If you have COVID-19 or have symptoms, isolate for at least 5 days.