

The incubation period of COVID-19 is 2-14 days. If you are exposed to someone confirmed to have the virus, you MUST quarantine for 14 days. A negative test does not release you from quarantine. Just because you don't feel sick or you have tested negative, you may still be infected and not showing symptoms or testing positive at that time. Keep everyone safe by following quarantine and isolation requirements.

## Why is the Covid-19 Quarantine Period important?

Sally explains why it is so important to isolate for a full 14 days. It protects our friends, family and our community from COVID-19. The incubation period for Covid-19 is anywhere from 2 to 14 days.

**A co-worker accidentally exposed Sally to Covid-19.**

**DAY 01** 

**DAY 04**  Contact tracers called Sally and told her she had been exposed to Covid-19. She should isolate away from friends and family for 14 days from the time she was exposed.

**Sally's Covid-19 test comes back negative**

**DAY 06**  

**Sally feels well and attends a birthday party for a family member.**

**DAY 08** 

**Sally begins to have symptoms. When she gets tested again she is positive for Covid-19. Covid-19 can be shared for about 2 days before symptoms. While attending the birthday party Sally exposed 17 of her family members to COVID-19.**

**DAY 10** 