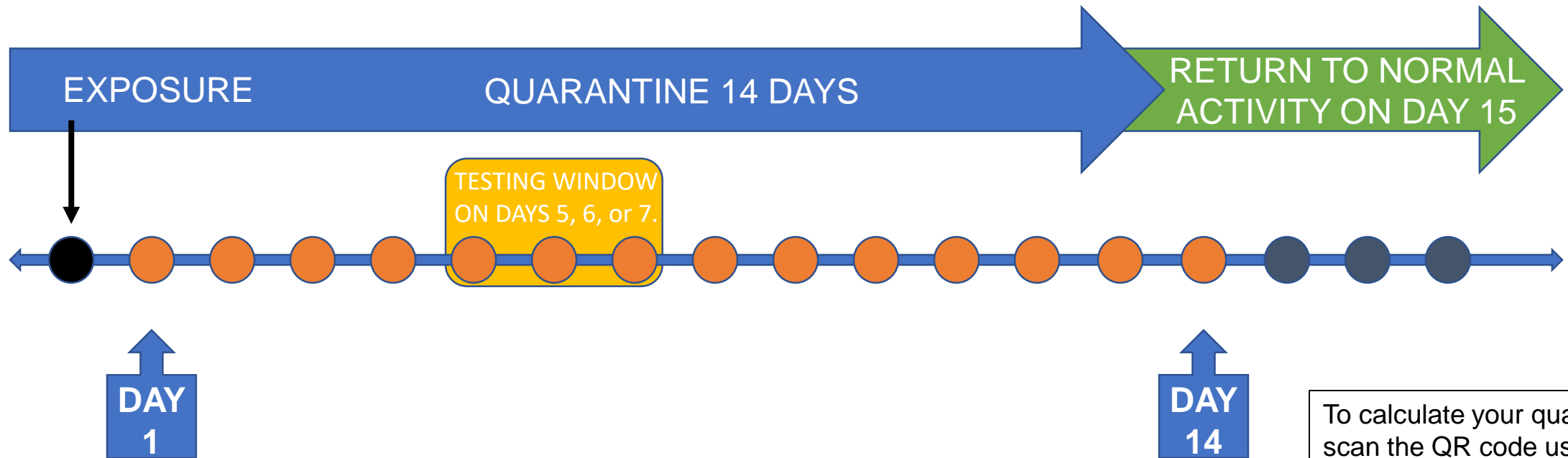


Your quarantine will begin on (Day 1) ___/___/___ and end after (Day 14) ___/___/___.



14 Day Quarantine

the safest option



Staying home and away from other people for 14 days is the safest way to prevent the spread of COVID-19 to others. You are required to quarantine for 14 days if you live in a long-term care facility or other licensed group setting. Quarantine for a full 14 days if someone in your house has COVID-19 or if you live or work with people who are at risk for serious illness from COVID-19

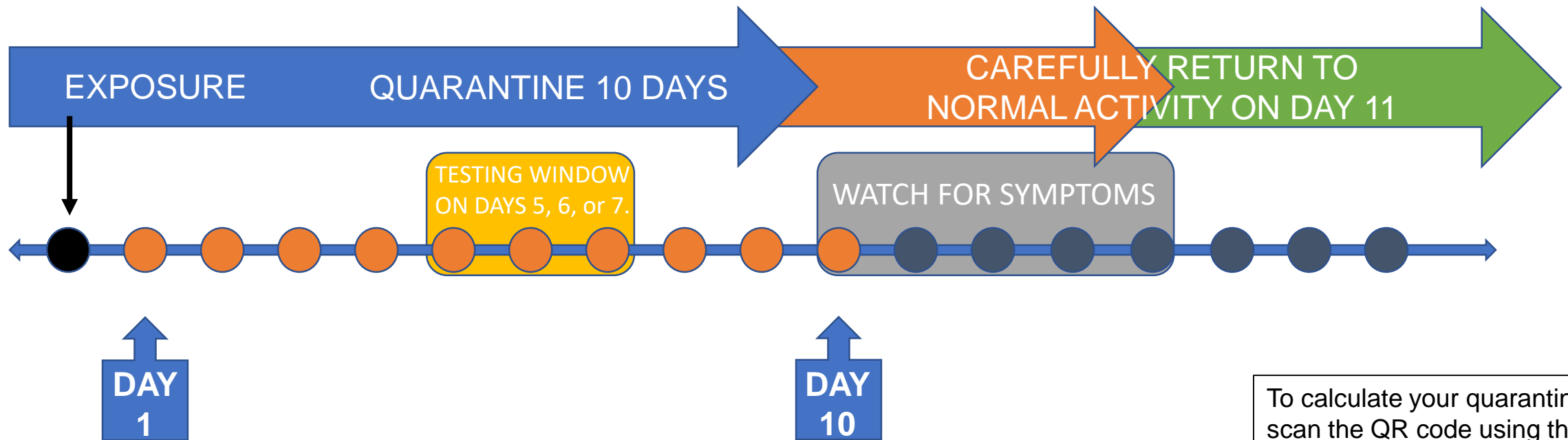
To calculate your quarantine, scan the QR code using the camera on your phone or go to the link below:
<https://covid19.tn.gov/prevention/quarantine-isolation-calculator/>

Your quarantine will begin on (Day 1) ___/___/___ and end after (Day 10) ___/___/___.



10 Day Quarantine

possible when symptom free



If you have no symptoms, quarantine for at least 10 days. If your LPHA supports this shortened quarantine then at the end of the 10 days, if you remain symptom free, you can return to normal activities. If you develop symptoms, isolate yourself from others and call your doctor or clinic right away.

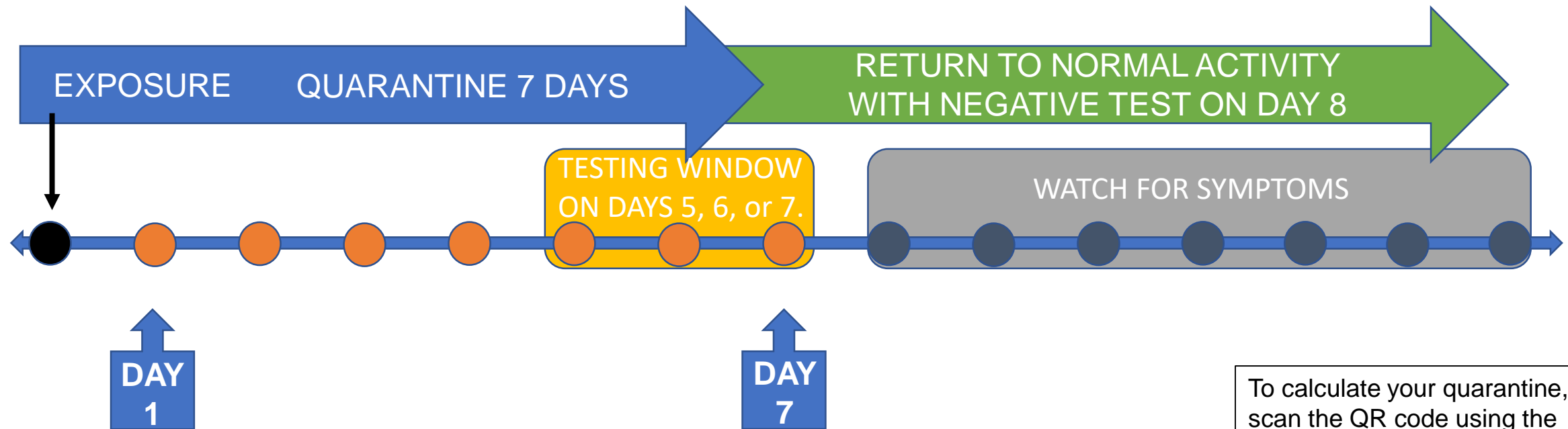
To calculate your quarantine, scan the QR code using the camera on your phone or go to the link below:
<https://covid19.tn.gov/prevention/quarantine-isolation-calculator/>

Your quarantine will begin on (Day 1) ___/___/___ and end after (Day 7) ___/___/___.



7 Day Quarantine

possible with a negative test



The CDC offers the option to end quarantine after 7 days if you have no symptoms and get a test on day 5, 6, or 7 with a negative result. However, local public health experts may not recommend this in your region because: there is a higher chance of spreading COVID-19 to others, there is a high demand for local testing and limited resources, and it can be difficult to time the test just right and get results quickly.

To calculate your quarantine, scan the QR code using the camera on your phone or go to the link below:
<https://covid19.tn.gov/prevention/quarantine-isolation-calculator/>