The Gallatin City-County Health Department is using SARA-Alert to support you while in isolation and quarantine. You will receive an email or text message from 844-957-2721 asking about your symptoms. Please make sure this number does not go to spam. The following information does not apply to health care workers. Please consult with your employer.

**Positive COVID-19 Test - ISOLATE**

These health protocols are for **EVERYONE**, regardless of vaccination status.

- **Isolate for 10 days.**
- If no symptoms develop or symptoms completely resolve after **5 days**, you no longer need to isolate.
- Continue wearing a mask when around others (including those you live with) for **5 additional days**.

**COVID-19 Exposure - QUARANTINE**

These health protocols are for those that completed their primary series of mRNA over 6 months ago, or J&J over 2 months ago but have **NOT been boosted**, or those that are **unvaccinated**.

- **Quarantine for 5 days**
- Test on day 5 if possible, or if you develop symptoms. If test is positive, follow isolation protocols above. If the test is negative, continue wearing a mask for the full 10 days.
- If you can’t quarantine you must wear a mask for **10 days**. Test on day 5 or if you develop symptoms.

These health protocols are for those who have been **boosted**, or **completed primary series** of mRNA within the last 6 months, or J&J within the last 2 months.

- **Wear a mask around others for 10 days.**
- Test on day 5 if possible, or if you develop symptoms. If test is positive, follow isolation protocols above. If the test is negative, continue wearing a mask for the full 10 days.

If you develop symptoms at any time, **GET TESTED**. If you test positive, follow isolation protocols above.