COVID-19 GUIDANCE





If you were exposed to COVID-19, you do not have to quarantine, regardless of vaccination status.

Wear a high-quality mask as soon as you find out you're exposed.

• Day 1 is the first full day after your last exposure.

Continue precautions for 10 full days.

 Watch for symptoms; if symptoms develop, get tested and isolate. Get tested **at least** 5 days after your last exposure.

Isolation may end after day 5 if:



Isolate at home, away from others as best as possible for at least 5 days.

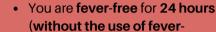
Day 0 of isolation is the day of symptom onset.

Day 1 is the first full day after your

symptoms started.

• Wear a high-quality mask when around others in the household.

- Do not travel.
- Do not share personal household items (cups, utensils, etc.)
- Seek emergency medical care immediately if you have an emergency warning sign (like trouble breathing)



reducing medication) <u>and</u>Symptoms are improving

Those with weakened immune systems and/or those who got very sick with COVID should isolate for at least 10 days. You should also consult with your doctor to determine when to return to normal activities.

Tested Positive with <u>NO</u> symptoms

Isolate at home, away from others as best as possible for at least 5 days.

Day 0 of isolation is the day you were tested.

Day 1 is the first full day following the day you were tested.

If you develop symptoms within 10 days of when you were tested, the clock will restart to day 0 on the day of symptom onset.

- Wear a high-quality mask when around others in the household.
- Do not travel.
- Do not share personal household items (cups, utensils, etc.)
- If you remain symptom free, you may end isolation after day 5.

After isolation has ended, wear your mask through day 10 <u>OR</u> If you have two sequential negative antigen tests 48 hours apart, you may remove mask sooner than day 10.



If you have a **negative** result:

 The test did not detect the COVID-19 virus, but doesn't rule out that you have an infection. Test again 48 hours after the negative test for a total of at least two tests. Stay home until you have the results of the second test.

 If you have a negative result, and think you have COVID-19, you may test again 48 hours after the 2nd test. You may get a PCR done at a testing site or call your doctor.

If you tested for COVID-19 in the last 90 days:

First positive test result within 30 days or less:

- **Symptoms:** Use antigen tests. If negative, multiple tests may be necessary.
- No symptoms: Testing is not recommended to detect new infection.

First positive test result within 31-90 days:

- **Symptoms:** Use antigen tests. If negative, multiple tests may be necessary.
- No symptoms: Use antigen tests. If negative, multiple tests may be necessary.

List of symptoms:

Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste and/or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea