

# COVID-19 Guidance If You Are Exposed

## Take precautions:

- Wear a mask as soon as you find out you were exposed for 10 days
- Day 0 is the day of your last exposure to someone with COVID-19
  - Day 1 is the first full day after your last exposure

## Get tested at least 5 full days after your last exposure

### If you test NEGATIVE:

- Continue taking precautions through day 10
- Wear a mask when around others at home or in public

*You can still develop COVID-19 up to 10 days after you have been exposed.*

### If you test POSITIVE:

- Isolate immediately
- Stay home for 5 days
- Wear a mask if you have to be around others
- After you ended isolation and you are feeling better, wear your mask through day 10.

### If you DEVELOP symptoms:

- Isolate immediately
- Get tested
- Stay home until you know the result

*If you test result is positive, follow isolation recommendations*

## Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*Please note: This list does not include all possible symptoms.*

# COVID-19 Guidance If You Are Sick

## When to Isolate:

*Isolate if you are sick and suspect you have COVID-19 but do not have test results yet.*

- If you test **NEGATIVE**, you can end your isolation.
- If you test **POSITIVE**, follow the isolation recommendations.

## If you had NO symptoms:

- Day 0 is the day you tested (not the day you received positive test result).
- Day 1 is the first full day after the day you were tested.
- If you develop symptoms within 10 days of when you were tested, the time restarts at day 0 on the day of symptom onset.

## If you had symptoms:

- Day 0 of isolation is the day of symptom onset regardless of when you tested positive.
- Day 1 is the first full day after the day your symptoms started.

## If you test POSITIVE, stay home for at least 5 days and isolate from others in the home.

- Wear a mask if have to be around others.
- If you **had** symptoms and they are improving, you may end isolation after day 5 if you are fever-free for 24 hours without the use of fever-reducing medication.
- After you end isolation and you are feeling better, wear your mask through day 10.
- After you have ended isolation, if your symptoms recur or worsen, restart your isolation at day 0. Talk with a healthcare provider if you have questions about your symptoms or when to end isolation.
- If symptoms are **NOT** improving, continue to isolate until you are fever-free for 24 hours (without use of fever-reducing medication) and symptoms begin to improve.
- After you have ended isolation, if you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.