

UPDATED COVID-19 GUIDELINES

IF YOU ARE EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19:

- Wear a mask when around others indoors for 10 days. The day of your exposure is Day 0.
- Watch for symptoms. If you develop symptoms isolate and test immediately.
- Test on Day 6 (or later) even if you have no symptoms.
 - If you test negative, continue to mask and watch for symptoms through Day 10.
 - If you test positive, isolate immediately and follow isolation and precautions for people with COVID-19 guidelines.

IF YOU SUSPECT YOU MAY HAVE COVID-19 OR YOU TEST POSITIVE FOR COVID-19:

- If you are sick and suspect that you have COVID-19, isolate from others. Test immediately.
- If you test negative, you may end isolation. Follow exposure guidelines.
- If you test positive:
 - No symptoms – Isolate for 5 days (day of test is Day 0). You may end isolation after 5 days. If you develop symptoms within 10 days of testing, you must isolate. Start count over with day of symptom onset as Day 0.
 - Symptoms – Begin isolation. Day 0 is the day of symptom onset regardless of when you tested positive.
 - You may end isolation after Day 5 if – your symptoms are improving, and you are fever free for 24 hours without the use of fever reducing medications.
- Once you end isolation continue to wear mask when indoors around others through Day 10.
 - If you have access to antigen tests you may remove your mask sooner than Day 10 with two sequential negative tests taken 48 hours apart.

If your symptoms recur or worsen after ending isolation restart your isolation at Day 0. Talk to your healthcare provider if you have questions.

For further details on exposure to COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

For further information on isolation and precautions for people with COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>