

WHAT TO DO ABOUT COVID

PREVENTION

- Good hand hygiene
- Mask recommended when Community Levels are High
- Distance when possible
- Get vaccinated and boosted

RECENT COVID EXPOSURE

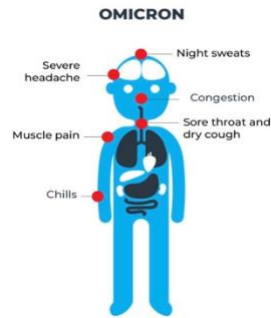
Wear a mask for 10 days

Test at day 5, sooner if symptoms develop

NEGATIVE – wear a mask for 5 more days

POSITIVE – begin 5 days of isolation

I HAVE SYMPTOMS



Quarantine yourself

Get tested

NEGATIVE – stay in quarantine and re-test in 48h

If re-test is **NEGATIVE**, end Quarantine

POSITIVE – begin 5 days of isolation followed by 5 days of masking in public

MY TEST IS POSITIVE

Self-isolate for 5 days

On Day 6, you can leave isolation if:
You have no symptoms

– or –

You had mild symptoms, feel better, and don't need medicine to reduce fever

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Wear a mask Days 6 – 10

If you experienced significant illness that required medical treatment or hospitalization, stay in isolation through Day 10 and consult with your provider about how long