

# Updated COVID-19 Guidance

## What to Do If You Were Exposed

### Start precautions immediately

- Wear a high-quality mask as soon as you find out
- Start counting from day 1
  - 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
- **Continue precautions for 10 full days.**
  - You can still develop COVID-19 up to 10 days after you have been exposed
- Wear a high-quality mask any time you are around others inside your home or in public
- Do not go places where you would be unable to wear a mask
- Take extra precautions if you will be around people who are more likely to get very sick from COVID-19
- Watch for symptoms
  - If you develop symptoms, isolate immediately and test. Stay home until you get your results
  - If your test is positive, follow isolation recommendations
- Get tested on day 6, even if you don't develop symptoms
  - If your test is positive, follow isolation recommendations
  - If you test negative, continue taking precautions through **day 10**

Source: CDC Isolation and Precautions for People with COVID-19, Updated Aug. 11, 2022

## What to Do If You Test Positive or Have Symptoms

### Isolate immediately

- Wear a **high-quality mask** if you must be around others at home or in the public
- Start counting from day 1
  - Day 0 is the day of your test date (no symptoms), or day of symptom onset
  - Day 1 is the first full day after you test or symptom onset
- Stay home for at least **5 days** and isolate from others

End isolation based upon how serious your symptoms were

- End if you are fever-free for **24 hours** (without using fever-reducing medication), and
- Your **symptoms are improving**

If you still have a fever or symptoms have not improved, continue to isolate until they improve

Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11

**Continue to wear a high-quality mask when indoors around others through day 10**

Option to end wearing a mask earlier, **following the 5-day isolation**

- If you have access to antigen tests, you should consider using them. With two negative sequential tests **48 hours apart**, you may remove your mask sooner
- If the test comes back positive, return to isolation

Source: CDC What to Do If You Were Exposed to COVID-19, Updated Aug. 11, 2022