

WHAT TO DO IF YOU HAVE A COVID EXPOSURE

EXPOSURE: "Contact" with a person with known or presumed COVID-19 at anytime including 2 days before onset of symptoms, until the end of their 10 day isolation

CONTACT: Within 6 feet for a cumulative total of 15 minutes over a 24 hours period, regardless of mask status. OR direct physical contact with person, or contact with their cough, spit, or sneeze droplets

IF YOU HAVE A CONFIRMED EXPOSURE*:

If you are 18yo+ and boosted OR 5-17yo completed 2 dose series:

- PCR 5 days after exposure
- No quarantine needed
- Wear well-fitting mask x 10 days
- Get tested if symptoms
- Return to school determined by school/ daycare

If you are unvaccinated, 5-17yo w/ only 1 dose, or 18yo+ NOT boosted:

- PCR 5 days after exposure
- Quarantine for 5 days + wear well-fitting mask x day 6-10
- Get tested if symptoms
- Return to school determined by school/ daycare

*If you have had a CONFIRMED COVID-19 ILLNESS <90 DAYS PRIOR TO A NEW EXPOSURE, you do NOT need to quarantine or get tested except if you develop symptoms within 14 days of this new exposure.

IF YOUR TEST RESULT IS POSITIVE:

- Isolate for 10 days. (Full isolation 5 days minimum. If no fever x 24 hours, symptoms resolving and feeling well, can break complete isolation in household but entire household should wear masks + in public).
- If you are immunosuppressed, talk to your doctor. Isolation for up to 20 days may be required.
- 5 years old and up, please schedule a visit to return to ANY physical activity.

IF YOUR TEST RESULT IS NEGATIVE, BUT YOU ARE SYMPTOMATIC AFTER AN EXPOSURE:

- Remember false negatives are common.
- If your symptoms seem consistent with COVID-19 and there is not another definitive explanation for your illness, then please just assume you have COVID-19 and isolate.