

What to Do If You Are Exposed to COVID-19 and HAVE Symptoms

TEST POSITIVE

If you test positive, you are strongly encouraged to isolate (stay home and away from other people) for at least 5 full days, to prevent spreading the disease to others. Isolation is recommended even if you have been vaccinated or have had COVID-19 before.

With Symptoms:

- Day 0 is the day you began feeling sick; Day 1 is the next day
- Isolate for at least 5 days counting from the day you began feeling sick.

No symptoms:

- Day 0 is the day you took your positive test; Day 1 is the day after
- Isolate for 5 full days after the day you tested positive

CONTINUING ISOLATION

Important: There are some situations where you should isolate longer than 5 days:

- If you have a fever, do not end isolation until the fever has been gone for 24 hours (without using medicine that lowers fevers), OR
- If your other symptoms are not improving, you should keep isolating until you feel better or until after Day 10.

ENDING ISOLATION

You may end isolation **AFTER** Day 5 IF:

- **You have no symptoms, or your symptoms are mild and getting better; AND**
- **You have not had a fever** for 24 hours without taking medicine that lowers fevers.
- **You should continue to wear a mask** through Day 10 unless, after ending isolation, you have two negative antigen tests at least a day apart without a positive test in between.

After you have ended isolation, if your symptoms come back or get worse, use an antigen test to test again. If you test positive, restart your isolation at Day 0.

NOTE: People who are immunocompromised may continue to carry the virus and remain infectious longer than 10 days. If your symptoms worsen or fever continues, you should contact your healthcare provider and seek medical treatment

When you are isolating, stay in a separate room away from others in your household to help prevent them from getting sick. Do not attend work or school in person; do not travel, do not use public transportation, and do not go to the store or other public places. DO stay in touch with friends and family virtually through phone calls, text messages, and the internet.