COVID-19 ISOLATION & EXPOSURE

IF YOU TEST POSITIVE FOR COVID (ISOLATION)

Everyone, regardless of vaccination status should follow this

- Stay home for 5 days away from others in your household. The day symptoms start (or date of test collection if no symptoms) is day 0.
- If you have no symptoms or your symptoms are almost gone after 5 days, you can leave the house but wear a mask for 5 more days.
  - Any child <2 years or anyone who cannot wear a mask should isolate for 10 days.
- If you have a fever, continue to stay home until fever-free for 24 hours.
- If you are moderately ill (experiencing symptoms that affect the lungs like shortness of breath or difficulty breathing) isolate for 10 days.

IF EXPOSED TO SOMEONE WITH COVID

Everyone, regardless of vaccination status should follow this

- Wear a mask* indoors around others for 10 days following exposure.
- Get tested at day 5 after your last contact with someone who tested positive for COVID; if you test negative, continue taking precautions through day 10 as you can still develop COVID up to 10 days after exposure.
- Monitor for symptoms, if you develop symptoms, isolate immediately, get tested and stay home until you know the results.

*Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.

REVISED
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LLHD
Ledge Light Health District