

Exposure and Isolation Guidance

If you were exposed to COVID-19

You no longer need to stay home and quarantine after exposure. Following an exposure to someone who has COVID-19 you should do the following:

1. Wear a mask as soon as you find out you were exposed and watch for symptoms for a full 10 days after you had last close contact.
 - a. Possible symptoms include:
 - Fever or Chills
 - Shortness of Breath or Difficulty Breathing
 - Fatigue
 - Headache
 - Sore Throat
 - Nausea or Vomiting
 - Cough
 - Diarrhea
 - Muscle Aches
 - New Loss of Taste or Smell
 - Congestion or Runny Nose
2. Get tested at least five (5) full days after your last exposure (even if you don't develop symptoms).
 - a. If you test negative – continue taking precautions through day ten (10). (You can still develop COVID-19 up to ten (10) days after you have been exposed.)
 - b. If you test positive – Isolate immediately.

If you test positive for COVID-19

Following a positive test (with or without presence of symptoms) **OR** if you develop symptoms after an exposure you should do the following:

Isolation

1. Stay home for at least five (5) days from the date that you started experiencing your symptoms (you are likely most infectious during this time).
2. If you do not have symptoms - Start this isolation on the day you conducted your test.
 - a. Day one (1) is the first full 24 hours from the time you noticed your symptoms, or from the day you conducted your positive test if no symptoms are present.

Ending Isolation

1. If you had no symptoms – you may end isolation after five (5) full days.
2. If you had symptoms – you may end isolation after day 5 (five) if:
 - a. You are fever-free for 24 hours (without the use of fever-reducing medications)
 - b. Your symptoms have improved significantly
3. After you have ended isolation, and are feeling better you should continue to wear your mask through day ten (10) around others inside your home or in public.
 - a. Note: You are likely to remain infectious for ten (10) days, but the risk of transmitting COVID-19 to someone else is low if you are feeling better after day five (5) and wear a well fitted mask through the rest of your infectious period.
 - b. You may remove your mask sooner than day ten (10) with two consecutive negative antigen tests taken 48 hours apart.

If you have any questions pertaining to this guidance, please contact the health department at 419-734-6800.