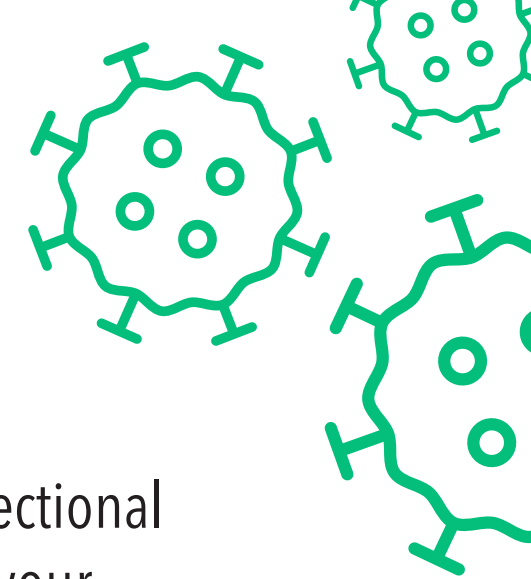


Feeling Sick or Exposed to COVID-19

Now What?



This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

UNVACCINATED

VACCINATED*

If you test positive for COVID-19

ISOLATE

Until cleared by public health (usually 10 days, but may vary depending on symptoms), monitor your symptoms, and contact your health care provider if symptoms become worrisome.

If you are exposed to COVID-19 and have NO symptoms

GET TESTED and QUARANTINE

- If positive, isolate for 10 days.
- If negative, continue staying home for the duration of your quarantine (7-14 days) depending on testing and location.

GET TESTED and MONITOR

- If positive, isolate for 10 days.
- If negative, monitor your symptoms for 14 days. Wear a mask. Quarantine not required.

If you are exposed to COVID-19 and have ANY symptoms

GET TESTED and ISOLATE

- If positive, isolate for 10 days.
- If negative, stay home while you have symptoms or until you are finished with quarantine, whichever is longer. Talk to a health care provider and consider testing again.

GET TESTED and ISOLATE

- If positive, isolate for 10 days.
- If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.

If you have ANY symptoms of COVID-19 and no known exposure

GET TESTED and STAY HOME

- If positive, isolate for 10 days.
- If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.

* A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of the Johnson and Johnson vaccine.

