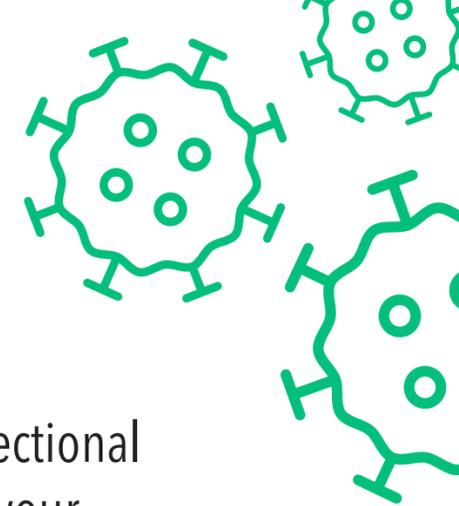


Feeling Sick or Exposed to COVID-19

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

Monitor your health and call a health care provider if symptoms becomes worrisome. After 10 days, if you are 24 hours fever-free and have significant improvement in symptoms, you are cleared from isolation.

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.

