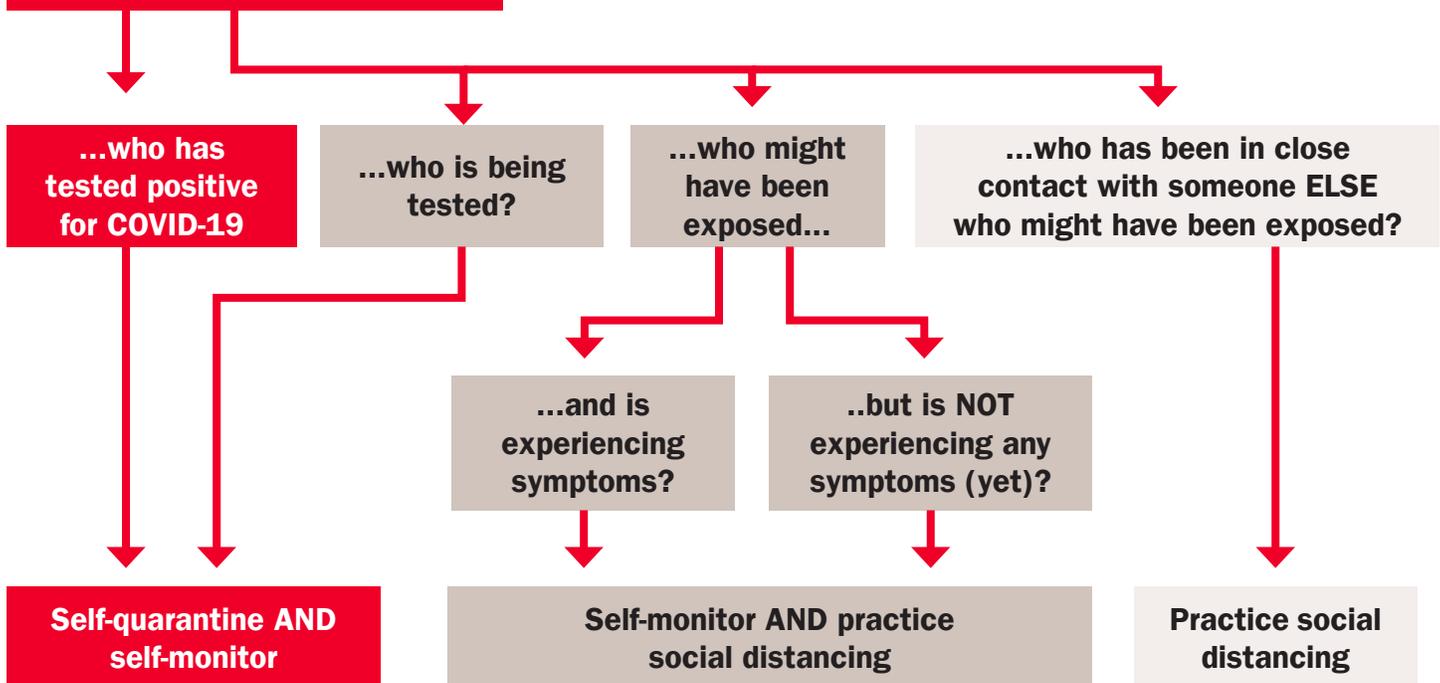


COVID-19 Pandemic

What should I do if I've been in contact with someone...

Close Contact:

- Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.



HOW DO I...

SELF-QUARANTINE

- Stay home until cleared to leave. See quarantine guidelines on page 2.
- Avoid contact with other people.
- Don't share household items.

SELF-MONITOR

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4 degrees F/38 degrees C).
- Don't seek medical treatment without calling first.

PRACTICE SOCIAL DISTANCING

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequent touched surfaces, including doorknobs, elevator buttons, service counters, shared pens, touch screens, steering wheels, and cell phones.

WHAT IF I HAVE SYMPTOMS? Call your health care provider.

If You Test Positive for COVID-19 (Isolate)

IF YOU TEST POSITIVE AND NEVER DEVELOP SYMPTOMS:

- Stay home for 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until 10 days after the day of your positive test. If you must travel on days 6-10, wear a well-fitting mask when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days after your positive test.
- You can end isolation after at least 5 days.
- You should continue to wear a well-fitting mask around others at home and in public until day 10 (day 6 through day 10). If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

IF YOU TEST POSITIVE AND DEVELOP SYMPTOMS:

- If you develop symptoms after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms.
- You can end isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- If you were severely ill with COVID-19, you should isolate for at least 10 days and consult your doctor before ending isolation.
- If you had symptoms before testing positive, day 0 is still the day your first symptoms appeared, rather than the day of the positive test.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you have been boosted OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- ***If you develop symptoms get a test and stay home.***

If you completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR completed the primary series of J&J over 2 months ago and are not boosted OR are unvaccinated:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- ***If you develop symptoms get a test and stay home.***