After being exposed to COVID-19
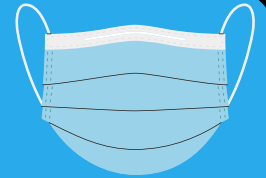
Wear a mask as soon as you find out you were exposed.
Start counting from Day 1
- Day 0 is the day your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

stay safe

Continue Precautions for 10 Full days

You can still develop COVID-19 up to 10 days after you have been exposed.
**Take precautions and wear a high-quality mask any time you are outside your home or indoors in public.**
- **Do not go to places where you are unable to wear a mask.**
- **Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.**

Watch for symptoms
- **fever (100.4°F or greater)**
- **Cough**
- **Shortness of breath**
- **Other COVID-19 Symptoms**

If you develop symptoms
- **Isolate immediately**
- **Get tested**
- **Stay home until you know the results**
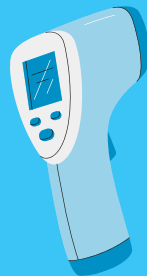
If your test result is positive, follow the isolation recommendations.

Get Tested on Day 6
Get tested at least 5 full days after your last exposure.
Test even if you don't develop symptoms.

If you test Negative
Continue taking precaution through day 10
- **Wear a high quality mask when around others at home and indoors in public**

You can still develop COVID-19 up to 10 days after you have been exposed.

If you test Positive
Isolate immediately.

When to Isolate

You should isolate from others when you have COVID-19, regardless of vaccination status.
You should also isolate if you are sick and suspect that you have COVID-19 but do not have test results yet.

If you test Negative,
You can end your isolation.

If you test Positive
Follow the full isolation recommendations below.

COVID-19 Isolation

If you had no symptoms
Day 0 is the day you were tested (not the day you received your positive test results).
Day 1 is your first full day following the day you were tested.
If you develop symptoms within 10 days of when you tested, then your clock restarts at day 0 on the day your symptom onset.

If you had symptoms
**Day 0** of isolation is the day of symptom onset, regardless of when you tested positive.
Day 1 is the first full day after the day your symptoms started.

Isolation

Stay home for at least 5 days and isolate from others in your home, if you test positive for COVID-19.
You are likely most infectious during these first 5 days.
Steps to take if you test positive:
- Wear a high quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign, like trouble breathing, seek medial care immediately
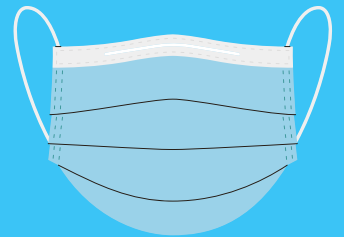
Ending Isolation

Ending isolation is based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
If you had no symptoms, you may end isolation after 5 days.
If you had symptoms and:
Your symptoms are improving you may end isolation after 5 days if:
You are fever free for 24 hour (without fever reducing medication)
If your symptoms are not improving, Continue to isolate until you are fever-free for 24 hours (without the use of fever-reducing medication) or your symptoms are improving.

stay safe

District Health Department No. 2
www.dhd2.org