



What to do if you test positive for COVID-19:

Isolate at home and stay away from others.

- Isolate at least 5 days, or 24 hours after symptoms improve and no fever without medication, **WHICHEVER IS LONGER.**
- Day 1 of your isolation period begins the first full day after symptoms start.
- Wear a quality face covering at all times when around others through day 10. It is very important to wear a mask at all times for the entire 10 days- even after you are out of isolation- as you may still be contagious on days 5-10
- Improve ventilation by opening windows and/or using air purifiers with HEPA filters.

Reach out to your close contacts and let them know they've been exposed and that they should quarantine.

- Close contacts include anyone you were around for more than 15 minutes who is not fully vaccinated (including boosters) from 2 days prior to when you first developed symptoms through today.
- Quarantine is a minimum of 5 days from last date of exposure.
- If no symptoms develop by day 5, quarantine can end, but continue to wear a face covering and monitor for symptoms until day 10.
- If symptoms develop, get tested. If unable to test, assume you are positive and isolate.

Stay hydrated, use OTC medications to manage symptoms. Seek medical care if you experience any of the following symptoms:

- Trouble breathing.
- Persistent pain or pressure in the chest
- Confusion, inability to wake or stay awake
- Pale gray, or blue-colored skin, lips, or nail beds or an abnormally low reading on a pulse oximeter

*Note- this is not an all inclusive list of symptoms. Please call your provider or 911 if you experience any other severe symptoms or experience a medical emergency..

If you are high risk due to age (over 65), or underlying health condition, contact your provider for treatment options including oral antiviral medication that can help reduce the severity of COVID-19.

Find more information at:

www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation

www.pacificcountycovid19.com



What to do if you are exposed to COVID-19:

If you were exposed and you are **NOT** up to date on COVID vaccinations (including boosters if eligible)

Quarantine for at least 5 days

Get tested

- If you have symptoms, test right away
- If you do not have symptoms, test on day 2 and day 4 after exposure
- If you can't get a test, but develop symptoms, assume you are positive and isolate

Take precautions until day 10

- Wear a quality mask for 10 days while around others
- Avoid travel
- Avoid being around people who are high risk

If you were exposed and you **ARE** up to date on COVID vaccinations

No quarantine

- You do not need to quarantine unless you develop symptoms

Take precautions until day 10

- Get tested if you develop symptoms
- Wear a quality mask for 10 days while around others
- Avoid travel
- Avoid being around people who are high risk

If you were exposed and you had confirmed COVID within the past 90 days

No quarantine

- You do not need to quarantine unless you develop symptoms

Take precautions until day 10

- Get tested if you develop symptoms
- Wear a quality mask for 10 days while around others
- Avoid travel
- Avoid being around people who are high risk

More information:

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www.pacificcountycovid19.com