COVID-19 REMINDERS:

What should I do if I have symptoms or think I have been exposed to COVID-19?

If you were exposed and are not up to date on your COVID-19 vaccinations:
You must stay home for five days and:

- Monitor for symptoms over the next 10 days and take a test on day five.
- Wear a well-fitted mask, preferably a surgical mask, around others for 10 days.
- Avoid others who are at a higher risk of severe COVID-19 complications.
- Avoid travel.

If you were exposed and are up to date on your COVID-19 vaccinations:
You don't have to stay home but should:

- Monitor for symptoms over the next 10 days and take an at-home test on day five.
- Wear a well-fitted mask, preferably a surgical mask, around others for 10 days.

If you have COVID-19 symptoms:
Take a COVID-19 test – Home test or through your medical provider

- Stay home until your test results come back
- If your test comes back positive, this confirms that you have COVID-19
    - Stay home for 5 days and isolate from others
    - Wear a well-fitting mask, preferably a surgical mask, if you must be around others
    - Do not travel
    - End isolation:
        - After 5 full days of isolation
        - You are fever-free for 24 hours
        - Your symptoms are improving
    - Take precautions for 10 days
        - Wear a well-fitting mask
        - Do not travel
        - Stay away from people who are at high risk of severe COVID-19 complications