



(This information applies to general public, not healthcare personnel)

Status	Action
<p>COVID POSITIVE DIAGNOSIS</p> <p>Everyone, regardless of vaccination status, previous infection, or whether symptoms occur</p> 	<ul style="list-style-type: none"> » Stay home, isolate » Wear a well-fitting mask around others for 10 days* » Seek medical care if needed <p>If testing to discontinue isolation:</p> <ul style="list-style-type: none"> • 5 days of isolation, <i>and</i> • Improved symptoms and no fever, <i>and</i> • Negative test (antigen preferred) on day 5 or later <p>OR, if not testing:</p> <ul style="list-style-type: none"> • 10 days of isolation, <i>and</i> • Improved symptoms and no fever
<p>COVID EXPOSURE</p> <p>Vaccinated, with booster if eligible</p> 	<ul style="list-style-type: none"> » Wear a well-fitting mask around others for 10 days* <ul style="list-style-type: none"> • Monitor for symptoms • Test (PCR or antigen) if/when symptoms develop and on day 5 after exposure • If test is positive, follow isolation guidance above
<p>COVID EXPOSURE</p> <p>Unvaccinated, or not boosted when eligible</p> 	<ul style="list-style-type: none"> » Stay home, quarantine for at least 5 days after your last contact with a person who has COVID » Wear a well-fitting mask around others for 10 days* <p>If testing to discontinue quarantine:</p> <ul style="list-style-type: none"> • 5 days of quarantine, <i>and</i> • No symptoms, <i>and</i> • Negative test (PCR or antigen) on day 5 or later <p>OR, if not testing:</p> <ul style="list-style-type: none"> • 10 days of quarantine, <i>and</i> • No symptoms

* Medical-grade mask preferred. Wear mask for at least 10 days following positive test or last day of exposure.



If you have a COVID exposure or test positive for COVID, wear a well-fitting mask around others for 10 days after exposure or diagnosis, regardless of your vaccination status. Seek medical care if you are at risk for severe illness.



While in quarantine or isolation:

- Stay at home except to get medical care
- Wear a mask indoors, including at home
- Separate from household members
- Do not have visitors
- Clean surfaces and wash hands often



Symptoms of COVID may appear 2–14 days after exposure to the virus

Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.



Cottage Virtual Care is available 24/7 for online COVID assessment:

cottagehealth.org/virtualcare



Call 911 and get medical attention immediately if you have:

- Trouble breathing
- Bluish lips or face
- Persistent pain or pressure in the chest
- New confusion or inability to rouse
- New numbness or tingling in the extremities
- Other serious symptoms



For information about COVID-19 vaccination, testing, and prevention, visit:

publichealthsbcc.org

cdc.gov

vaccines.gov