## COVID-19 EXPOSED

## **UP-TO-DATE ON YOUR VACCINE & BOOSTER**

## **Guidance for the General Public**





#### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

# PROTECT OTHERS

#### WEAR A MASK AROUND OTHERS FOR 10 DAYS

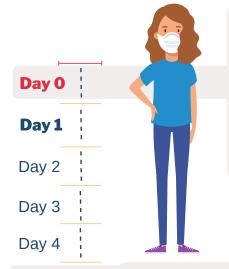
Especially if you live with someone who is not vaccinated *OR* is at high risk of severe disease.

#### If you start to have COVID-19 symptoms...

Get a test and stay home.

\*see "Isolation Guidance"

# **WHAT TO DO: MONITOR, MASK & TEST**



If you have been within 6 feet of someone with COVID-19 for a total of 15 minutes or more on any day that they may have been infectious, you should **monitor** and **mask** for at least 10 days, and **test** if possible.

Day zero 'O' is the day you were exposed.

#### Day 5

Day 6

Day 7

Day 8

Day 9

**Day 10** 

### Get tested, if possible, on or after day 5.

If your test is positive: Start isolation guidance\* (Stay home for at least 5 days, wear a mask and tell your close contacts to monitor, mask and test).

If your test is negative: Resume normal activities and continue to wear a mask around others until day 10.

**Last day of masking around others.** 

