

Testing Information: COVID-19

If you test

POSITIVE,
you need to **ISOLATE**
even if you don't have symptoms.

To prevent spreading infection,
please do the following:



Stay home

Only leave your house to seek medical care.

5

Isolate for 5 days

If you test positive for COVID-19 isolate for five days. Separate yourself from other members of your household.



Wash your hands

Make sure all people in your household wash their hands well and often.



Use your elbow

Cough or sneeze into a tissue or your sleeve/elbow, not your hand or into the air.



Wear a mask

Wear a mask if in the presence of others.

If you test

NEGATIVE,
or have been **EXPOSED**
stay away from others

These scenarios will affect the
length of your quarantine:



I'm boosted

If you have received a booster shot you do not need to quarantine following an exposure, but wear a mask for 10 days.



I'm unvaccinated

If you are unvaccinated or not yet boosted, the CDC recommends five days of quarantine and masking for five more days.



I can't quarantine

An exposed person must wear a well-fitting mask for 10 days after exposure when around others.

1 2 3
4 5

Test after day 5

If you've been exposed make sure to get a test after exposure.



If symptoms occur

Immediately quarantine until a negative test confirms symptoms are not due to COVID-19.

SEEK EMERGENCY CARE

if you experience any of the following symptoms

- Trouble breathing
- Pain or pressure in your chest
- Confusion
- Blue-tinged lips and fingernails
- Difficulty waking from sleep
- Symptoms that get worse

Contact your employer,
school or child care center
to discuss policies for
exposure and return to
work requirements.