Quarantine and Isolation Guidelines

What to Do If You Think You Might Have COVID-19

Instructions:

Use this card to track what you need to do if you catch COVID-19 or were around a person who had it by checking the days off here.

If you don't feel sick but you were around someone who had COVID-19, start at Exposure. If you start to feel sick, get tested as soon as you can and go to Test Positive or Symptoms Start.

Want to know more about what you should do?

Scan me to



*americares

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Exposure The day you

were around a person who had COVID is





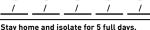




Wear a well-fitting mask around others for

5 full days. You don't have to stay home.







Test Positive or Symptoms Start









Avoid contact with others.







You can leave isolation after Day 5 if you're feeling better and haven't run a fever in 24 hours.

Take a test

on Day 6.

Test Negative or **Isolation Ends**

*If you test negative on 2 home tests at least 48 hours apart, then vou can remove vour mask sooner

Wear a well-fitting mask around others for 5 more full days.* Watch for symptoms.



