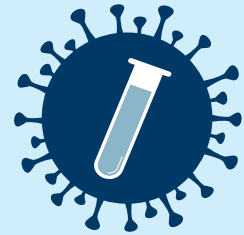


# COVID-19 Testing Guidance

## When to Get Tested for COVID-19

- If you have symptoms, test immediately.
- If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing. If you test too early, you may be more likely to get an inaccurate result.
- If you are in certain high-risk settings, you may need to test as part of a screening testing program.
- Consider testing before contact with someone at high risk for severe COVID-19.



## Most Common Types of Tests

**Laboratory tests**, such as PCR tests, are very accurate because they detect viral genetic material. They usually provide results in 2–3 days.

**At-home antigen tests** are less accurate, especially for people without symptoms and early in an infection, because they detect your body's response to the virus. They usually provide results in 15–30 minutes.

A single, negative antigen test result does not rule out infection. To best detect infection, a negative antigen test should be repeated at least 48 hours later (known as serial testing). Sometimes a follow-up laboratory test is recommended to confirm an antigen test result.



## Test Results

### If your test result is positive:

*Any positive COVID-19 test means you have an infection.*

- Isolate for 5 days.
- Tell people you had recent contact with that they may have been exposed.
- Monitor your symptoms. If you have any emergency warning signs, seek emergency care immediately.
- Contact a healthcare provider to see if treatment is available for you.

### When can isolation end?

- You may end isolation after day 5 if:
  - You have no symptoms after day 5
  - You have been fever-free for 24hrs without fever-reducing medication

*Continue wearing a mask through day 10 or test negative with two antigen tests, 48hrs apart*

### If your test result is negative:

#### Laboratory negative test result:

- If you tested negative 5 days after exposure, you do not have COVID-19
- If you do not have symptoms and you have not been exposed to the virus that causes COVID-19, you may return to normal activities. Continue to take steps to protect yourself and others, including monitoring for symptoms. Get tested again if symptoms appear.

#### At-home antigen negative test result:

- A negative COVID-19 test means the test did not detect the SARS-CoV-2 virus at the time of that test.
- If you do not have symptoms, but were exposed to the virus that causes COVID-19 and you used an antigen test:
  - Test again 48 hours after the first negative test.
  - If your second antigen test is negative, test a third time 48 hours after the second negative test.
- If you have symptoms and you used an antigen test:
  - Test again 48 hours after the first negative test, for a total of at least two tests.
  - If your second antigen test is negative, test a third time 48 hours after the second negative test.
  - Consider getting a laboratory test, or contact your healthcare provider if you have questions or if your symptoms worsen.

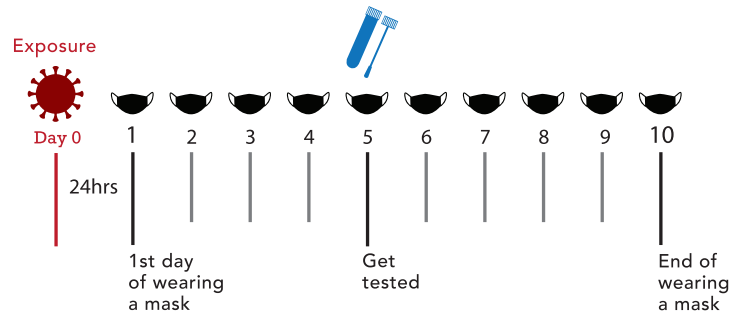
# COVID-19 Quarantine Guidance

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public health authority that you were exposed, here are the steps that you should take, regardless of your vaccination status or if you have had a previous infection.

## After being exposed to COVID-19:

### Start precautions immediately

- If you were exposed to COVID-19, you are recommended to wear a high-quality mask or respirator for 10 days and get tested on day 5.
- Start counting from Day 1 (Day 0 is the day of your last exposure to someone with COVID-19).
- Continue precautions for 10 full days; you can still develop COVID-19 up to 10 days after you have been exposed.



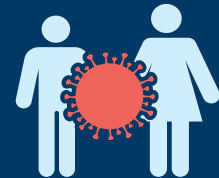
## Precautions



Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public\*



Do not go places where you are unable to wear a mask, including travel and public transportation settings.



Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.

\*Masks are not recommended for children under ages 2 years and younger, or for people with some disabilities. Other prevention actions (such as improving ventilation) should be used to avoid transmission during these 10 days.

## Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- other COVID-19 symptoms

### If you develop symptoms:

- isolate immediately
- get tested
- stay home until you know the result
- If your test result is positive, follow isolation recommendations



## Get tested on Day 6

Get tested at least 5 full days after your last exposure. Test even if you don't develop symptoms.

### If you test positive:

- Isolate immediately

### If you test negative:

- Continue taking precautions through day 10
- Wear a high-quality mask when around others at home and indoors in public
- You can still develop COVID-19 up to 10 days after you have been exposed.
- If using an antigen test, follow testing guidance.

# COVID-19 Isolation Guidance

## When should I isolate?

Regardless of vaccination status, you should isolate from others when you test positive for COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.

When you have COVID-19, isolation is counted in days, as follows:

### If you had no symptoms:

- Day 0 is the day you were tested (not the day you received your positive test result)
- Day 1 is the first full day following the day you were tested
- If you develop symptoms within 10 days of when you were tested, consult your healthcare provider

### If you had symptoms:

- Day 0 of isolation is the day symptoms began, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

## How do I isolate?

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.
- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.

## When can I end isolation?

End isolation based on how serious your COVID-19 symptoms were.

### If you have no symptoms:

- You may end isolation after day 5 and continue to wear a high quality mask or respirator through day 10.

### If you had symptoms:

- You may end isolation after day 5 and continue to wear a high quality mask or respirator through day 10 if:
  - You are fever-free for 24 hours (without the use of fever-reducing medication)
  - Your symptoms are improving
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
- If you had moderate illness (if you experienced shortness of breath or had difficulty breathing), or severe illness (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate through day 10.
- If you had severe illness or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you.
- If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

## When can I stop wearing a mask?

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving):

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you can use them after day 5. With two negative tests in a row 48 hours apart, you may remove your mask sooner than day 10 (but no sooner than day 6).



Note: If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two negative results in a row. This may mean you need to continue wearing a mask and testing beyond day 10.