



COVID-19 Community and School Guidelines for Exposure, Isolation, and Ending Isolation

Exposure

Exposure is now defined as having 2 or more (multiple) risk factors in the high-risk category below, follow the exposure protocol if you have been exposed:

High risk regarding the exposure if:

- long exposure to a positive person or a person that has covid symptoms (15 minutes or more)
- elevated coughing, heavy breathing, singing, shouting
- neither you nor they were wearing a mask
- poorly ventilated indoor setting
- within touching distance

Exposure Protocol Regardless of Vaccination Status

- Wear a mask as soon as you know you were exposed
- Day zero is your last day of exposure, day 1 is the first full day after the exposure
- Mask for 10 days with precautions to limit potential spread from you to others
- Watch for symptoms and follow isolation guidance if you develop any
- Test on day 6 even if you don't have symptoms; if negative, continue exposure protocol, if positive follow isolation protocol

Isolation Protocol Regardless of Vaccination Status

- Isolate as soon as you have symptoms or test positive for covid
- If you have no symptoms, day zero is the day you were tested, day 1 is the first full day following the day you were tested
- If you have symptoms, day zero is the day your symptoms began, day 1 is the first full day following the day after your symptoms began
- Isolate for 5 days at home including from others living in your home
- 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
- No travel or use of public transportation
- 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

Ending Isolation Regardless of Vaccination Status

- If you had no symptoms, you may end isolation after day 5 and wear your mask through day 10
- If you had symptoms, you must be fever-free for 24 hours without fever reducing medications and your symptoms are improving, then you may end isolation after day 5 and wear your mask through day 10
- If you still have a fever or other symptoms have not improved at the end of day 5 (not counting loss of taste or smell which can take months to regain), continue to isolate until they improve and no fever for 24 hours without fever reducing medications, then you may end isolation and wear your mask through day 10

After isolation day 5 with no fever and symptoms improving, If you have access to home antigen tests, you could consider using them. With two back-to-back negative tests 48 hours apart, you may remove your mask sooner than day 10. If your home 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.