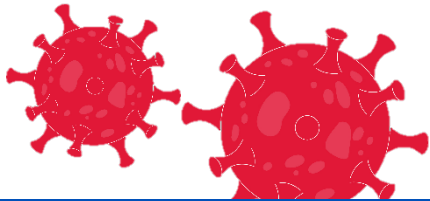# You've been exposed to COVID-19.

You had close contact, masked or unmasked, indoors or outdoors, with a COVID positive person during their contagious period*.

NOW WHAT?

Are your vaccines up-to-date or did you have COVID in the last 90 days?

NO   **YES**

Have you been tested with a lab (PCR) test?

YES   **NO**

What was the test result?

Positive   **Negative**

You do not have to quarantine after being in close contact with someone who has COVID-19 **unless** you develop symptoms. **You should get tested 5 days after your exposure**, even if you don't have symptoms. Wear a mask at all indoor public locations before your test and continue doing so for 10 days. When you get your test results, follow the appropriate advice below. If you do develop symptoms, follow the instructions below for people who test positive for COVID-19.

Wear a mask when around others and take precautions for the next 10 days.

Schedule a lab (PCR) test at Watkins (785-864-9500). You should test 5 days after exposure. Testing is critical for your community as well as yourself.

If you are not up-to-date on your COVID vaccine or had COVID recently, wear a high-quality mask around others for 10 days, watch for symptoms, and take a COVID test on Day 5 following exposure. You do not need to quarantine.

Tell school/work and people you live with or were around recently that you have been exposed.

If you are up-to-date with your COVID vaccine or recently recovered from COVID and have no symptoms, you do not need to quarantine unless you develop symptoms. You should wear a mask around others for 10 days and retest on Day 5.

Stay home in isolation, regardless of your vaccination status. Tell people you were near during your contagious period* that you have COVID.

You can re-test after 5 days of isolation (Day 0 is onset of symptoms). If you are negative and no longer have symptoms, you can discontinue isolation after 5 days. You should still monitor for symptoms for 10 days AND must wear a mask when around people.

If you are still positive when retesting after Day 5, even if you no longer have symptoms (if you had symptoms), you must continue isolation through 10 days.

If you aren't up-to-date with the COVID vaccine, start or finish your vaccination immediately after isolation.

Continue to monitor your health for the next 10 days and wear a mask.

If you are unvaccinated but remain symptom-free for the 5 days, you should re-test on Day 5. If the test is negative, you should continue to wear a mask and take precautions around people for another 5 days. If you develop symptoms or test positive, follow the instructions for people who test positive for COVID-19. After the 10th day, get the vaccine series or booster shot as soon as possible.