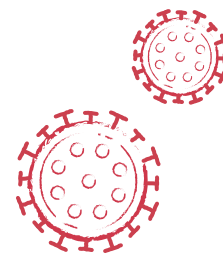


START HERE:

Do you or your child have symptoms of COVID-19 or a positive test result?



Symptoms of COVID-19

Fever / Chills
Sore / Scratchy throat
Cough
Shortness of breath
Difficulty breathing
Fatigue

Muscle / Body aches
Headache
New loss of taste or smell
Congestion / Runny nose
Nausea / Vomiting
Diarrhea

Yes

No

Which situation best describes you or your child?

Symptoms

Positive test, but no symptoms

Assume you are positive even if you don't have a test result yet.

Isolate at home for at least 5 days.

Avoid immunocompromised people for 10 days.

Get tested. If you use a rapid test, use 2 tests at least 48 hours apart.

Use the test results to proceed.

Negative Result

Positive Result

If you had two negative rapid tests but still have symptoms, use a 3rd rapid test 48 hours after the 2nd one or seek a PCR test.

Stay home if you have a fever.

Once symptoms are gone, get yourself & your child vaccinated and boosted when you are eligible.

Stay in **isolation** at home for at least 5 days.

If you test negative on a rapid test after 5 days, you may go out in public **masked**.

Avoid immunocompromised people for 10 days.

If you can't wear a mask, or you develop a fever, isolate until end of 10 days.

You may have temporary immunity, but to get stronger and longer-lasting immunity, get yourself & your child vaccinated and boosted when you are eligible.

Did you or your child have close contact with someone who has COVID-19 during their contagious period?

Yes

No

Mask at home and in public for 10 days.

Get tested after 5 days.

If you use rapid tests, use a 2nd test 48 hours after the 1st. If **both** are negative, use a 3rd rapid test 48 hours after the 2nd.

You are clear to go about your normal daily life.

Please get vaccinated, get boosted when you are eligible, and continue to wear a mask in public.

Continue to monitor for symptoms.

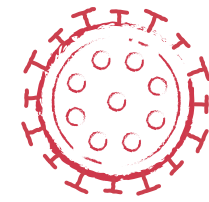
If you or your child develop symptoms or test positive, return to the beginning of this chart.

Get yourself and your child vaccinated and boosted when eligible.

Protect yourself & others by wearing a mask in public and in school, especially when community levels in your area are high.



Definitions & COVID-19 Guidance



Testing

PCR Test

Nose swab or saliva sample that gets sent to a lab for analysis. Available for no cost. Detects all infections, even before symptoms, and in people who never develop symptoms, as well as people who have symptoms. Considered the “gold standard” of tests. Takes 1-4 days to get results; while you wait, act as if you have a positive result.

Rapid Antigen Test

A test that can be used at home and gives results in about 15 minutes. Available for purchase from stores and online merchants as well as for free from some distribution programs.

Positive results on rapid tests are almost always “true”, meaning that someone is contagious. “False negative” results can happen if testing occurs too early in an infection; it is best to use rapid tests starting 5 days or more after an exposure or starting 2 days after symptoms begin. If the first rapid test is negative, take a second one 48 hours later. If that is also negative, take a third one 48 hours later. If that is negative, and any fever is gone, exit isolation.

Normally, a person with symptoms or a positive test of any kind should wear a mask in public from the time they leave isolation on Day 6 until Day 10. However, if two rapid tests taken on Day 5 and Day 7 are both negative, a mask is no longer needed after the second negative test.

Antibody Test

A marker of the immune system’s response to a past infection or vaccination.

Contagious Period

Starts 2 days before a person's symptoms start or 2 days before they took a test that came back positive.

Ends after symptoms are over or rapid test comes back negative.

Note that symptoms can start anywhere between 2 and 14 days after an exposure, and people can test positive on a rapid test even after symptoms are gone. Some symptoms can last beyond 14 days.

Who to Tell if You’re Sick or Positive

If you or your child are sick with COVID-19 or tested positive, be sure to tell:

- Your health care provider
- Everyone you live with
- Your supervisor at work or your child's school
- Everyone you came in close contact with during your contagious period, and the parents of any children your infected child was around outside of school during their contagious period. All of them need to follow the flowchart now, too.
- The leaders of any teams/activities, and hosts/organizers of any gatherings, you or your child attended during the contagious period. They may be able to help alert others who were there.

If you are a close contact but have no symptoms or positive tests, tell everyone you live with, and any immunocompromised people you were around in the days since the close contact.

Masking

The coronavirus is airborne. Masks are a key tool for keeping it from spreading from an infected person, including one who is contagious but doesn't have symptoms, to others.

Masks also help prevent virus particles from entering the nose and mouth of an uninfected person.

Masks should be worn over the mouth and nose. They should be good-fitting, meaning that there are not gaps between the skin of the face and chin and the mask material. Different mask materials provide different levels of filtering, with N95 and KN95 masks offering the most protection and single-layer stretchy fabric offering the least. Surgical or medical procedure masks, and multi-layer non-stretchy fabric masks offer a middle level of protection. Double-masking with a surgical mask under a snug cloth mask can improve surgical mask fit.

Isolation

Follow these instructions when you are sick, or if you have tested positive for COVID-19 but don't have symptoms.

1. Stay in a closed room away from other people and pets.
2. Keep a window slightly open or use air filters in your room.
3. Have people leave food, medicine and supplies outside your door for you to retrieve.
4. If possible, use a separate bathroom.
5. If you must leave your room, wear a mask.
6. If someone must enter your room, both of you should wear a mask.
7. Get rest and stay hydrated.
8. Take over-the-counter medicines to help you feel better.
9. Monitor your temperature and symptoms.
10. Contact your doctor.
11. Call 911 if you have trouble breathing, persistent pain or pressure in the chest, confusion, can't stay awake or develop pale, gray, or blue-colored skin, lips, or nail beds, depending on your skin tone.

Vaccination Terms

Vaccinated

You are considered vaccinated at least two weeks after second dose of Pfizer, Moderna, or Novavax vaccine, or after 1 dose of Johnson & Johnson vaccine.

Additional dose

Adults and children over 5 whose immune systems are weakened by certain conditions or medicines can get an additional dose, and those over age 12 can get a booster 5 months later.

Booster

An additional dose of vaccine is recommended for everyone age 12 and up at least 2 months following the primary series of vaccine. For kids 12 and older, the booster includes protection against the Omicron variant.

Up-to-Date

A person who has received all the vaccine doses they are eligible for.