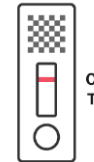
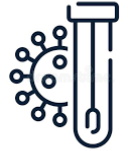


If you have ANY symptoms of COVID

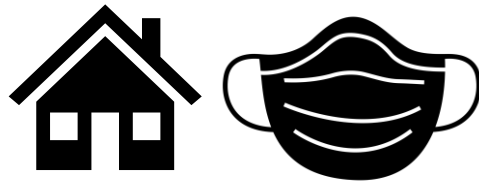
- **And you have not had COVID in the past 90 days:** stay home from work/school until you get a negative PCR test
- **And you have had COVID in the past 90 days:** stay home from work/school until you get a negative rapid antigen test



- Even if you have a negative test result, stay home from work/school until you have not had vomiting/diarrhea/fever for at least 24 hours
- Even if you have a negative test result, wear a KN95 or N95 mask at work if you have a cough
- Even if you have a negative test result, contact your doctor if your symptoms are getting worse

ISOLATION GUIDANCE FOR ANY AGE PERSON WHO TESTS POSITIVE FOR COVID

Day 1 - 10



Stay home and isolate

Day 11+



Return to regular activities (so long as you are feeling better)

What does it mean to isolate when you have COVID?

- Stay home and do not go into any indoor public places (work, school, grocery store, sports practice, etc)
- If possible, stay in a separate room from the rest of your family. If you have to leave the room, wear a mask
- If possible, use a separate bathroom. If there is only one bathroom, wear a mask while you are using it, turn the fan on permanently (if possible), close the toilet before you flush, and when you finish, disinfect the sink, light switch, top of the soap dispenser, toilet seat and handle, and doorknobs
- Eat meals in your room if possible
- Try to avoid going into the same room as other people, but if it is necessary, everyone should wear their best masks and crack open windows or use an air purifier to improve ventilation
- You do not need a negative COVID test to end isolation on Day 11

If multiple people in the household have COVID at the same time, they can spend time together and use the same bathroom

Contact Lummi Public Health if you can't isolate at home or need help getting groceries

What counts as an exposure to someone with COVID?

- Within 6 feet of the person (even if both people were wearing masks)
- For more than 15 minutes (over a 24 hour period, including 5 min + 5 min + 5 min)

OR

- People who were exposed to saliva or other bodily fluids from the person with COVID, such as sharing items like a drink, personal hygiene item, cigarette/vape, lipstick, or eating utensils, as well as people who may have been coughed or sneezed on

Am I up-to-date on my COVID vaccines?*

Everyone ages 5-11: 2 Pfizer vaccines

Everyone ages 12-17: 2 Pfizer vaccines + 1 Pfizer booster

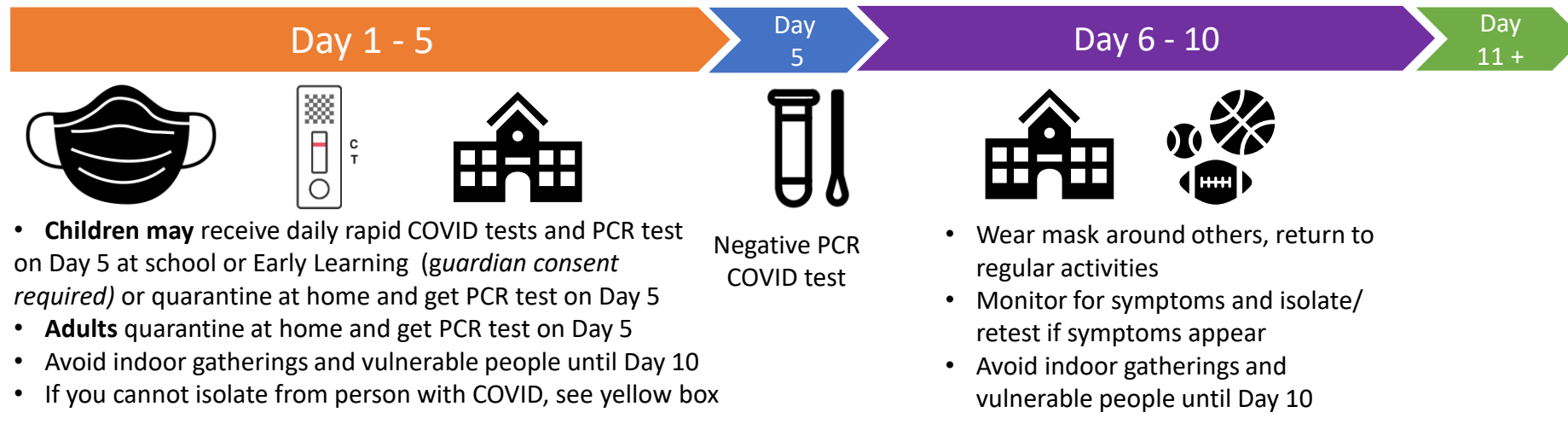
Everyone ages 18+: 2 Pfizer or 2 Moderna or 1 J&J vaccine + 1 Pfizer or Moderna booster

Ages 50+ *may also* get a second Pfizer or Moderna booster

Immunocompromised people ages 5+ are advised to get additional vaccine doses and boosters, please discuss with your primary care provider

QUARANTINE GUIDANCE FOR PEOPLE WHO **HAVE NOT HAD COVID IN THE PAST 90 DAYS** AND WHO WERE EXPOSED TO SOMEONE WITH COVID

If you are 0-4 years old OR over the age of 5 and **are not up-to-date on vaccination** and you are exposed to COVID:



If you live with someone who has COVID: If someone in your household has COVID and they **cannot isolate** from you, you need to stay home until that person finishes their quarantine and *then* start the recommended quarantine period and testing schedule outlined here.

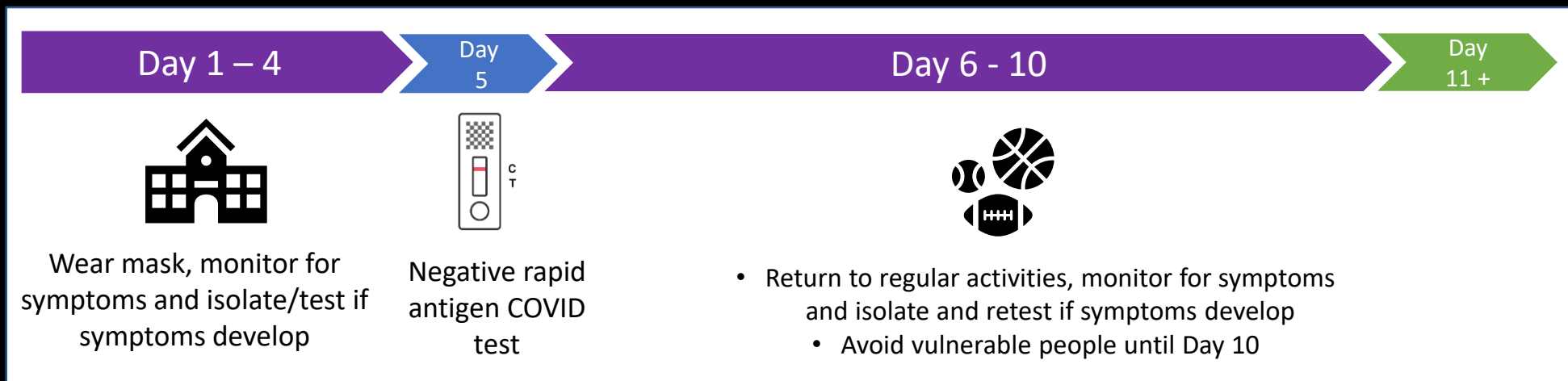
If you are over the age of 5 and **are up-to-date on vaccination** (including first booster) and you are exposed to COVID:*



If you work and/or your child goes to school outside of Lummi Nation, your employer and/or their school might have different guidelines on quarantine and testing. Please reach out to them directly for guidance.

***If you work in healthcare or with vulnerable/unvaccinated people AND have had a significant exposure, you *may* be asked to get a negative PCR COVID test before returning to work. In cases of outbreaks, additional guidance will be given.**

QUARANTINE GUIDANCE FOR PEOPLE WHO **HAVE HAD COVID LESS THAN 90 DAYS** **AGO** WHO WERE EXPOSED TO SOMEONE WITH COVID



***If you work in healthcare or with vulnerable/unvaccinated people AND have had a significant exposure, you *may* be asked to get a negative PCR COVID test before returning to work. In cases of outbreaks, additional guidance will be given.**

Where can I get COVID tests?

Rapid antigen tests:

- Old 260 drive through during testing hours
- Clinic front desk (call 360-384-0464 and we will bring it out to you if you are sick)
- Sign up for free tests online:
<https://sayyescovidhometest.org/>
- Pharmacies (insurance reimbursement available)

PCR tests:

- Old 260 drive through M-F – sign up on MyChart or call Public Health 360-383-8251
- Take home PCR tests also available
- At clinic/urgent care appointments
- Other Whatcom County test locations including some that are open on weekends:
<https://www.whatcomcounty.us/3388/COVID-19-Testing#testloc>