

# WHAT TO DO IF YOU WERE EXPOSED TO COVID

## EVERYONE SHOULD

- Monitor symptoms for 10 days after exposure
- Wear a well-fitting mask for 10 days after exposure
- Take a COVID test on day 5 (or when symptoms appear)
- Continue with normal activities as long as they don't have symptoms

If you work and/or your child attends school outside of Lummi Nation, the guidelines may be different. Please reach out to them directly for guidance.

Please contact Lummi Public Health with any questions at  
**360-383-8251**

**Are you living with someone who has COVID and is unable to isolate?**

- **Rapid test daily**
- If you haven't had COVID in the last 90 days, take a **PCR test on DAY 5**
- Wear a mask around others
- Monitor for symptoms. Isolate and test if symptoms appear.

**EXPOSURE**

**Have you had COVID in the last 90 days?**

**NO**

**YES**

### **DAY 0**

- This was the day of your exposure

### **DAYS 1-4**

- Wear a mask around others
- Monitor for symptoms. Isolate and test if symptoms appear.

### **DAY 5**

- Take a **PCR test**

### **DAYS 6-10**

- Wear a mask around others
- Monitor for symptoms. Isolate and test again if symptoms appear.

**Take extra care around vulnerable individuals through day 10.**

### **DAY 0**

- This was the day of your exposure

### **DAYS 1-4**

- Wear a mask around others
- Monitor for symptoms. Isolate and test if symptoms appear.

### **DAY 5**

- Take a **Rapid Antigen Test**

### **DAYS 6-10**

- Wear a mask around others
- Monitor for symptoms. Isolate and test again if symptoms appear.

**Take extra care around vulnerable individuals through day 10.**

Note: In certain situations (ELC, LNS, etc.), daily COVID testing may be required.