

WHAT TO DO IF YOU HAVE COVID SYMPTOMS

If you have one or more of these symptoms:

- fever (≥ 100.4 F) or chills
- shortness of breath or difficulty breathing
- congestion or runny nose
- muscle or body aches
- cough (new, changed, or worsening)
- nausea, vomiting, or diarrhea
- fatigue
- sore throat
- new loss of taste or smell

You should isolate at home and test for COVID-19

What type of COVID test should you take?

You HAVE HAD COVID in the last 90 days

Rapid antigen test

You HAVE NOT HAD COVID in the last 90 days

PCR test

POSITIVE result

Isolate at home

DAY 0

- The day of your positive test **OR** the day you started feeling symptoms, whichever was first.

DAYS 1-4

- Isolate at home.

DAY 5

- You may take a rapid antigen test at home.
- **IF** the test result is negative, **AND** you are feeling better (no fever for 24 hours), you may return to normal activities on day 6.
- If the result is positive, continue to isolate at home through day 10.

DAYS 6-10

- Continue to wear a mask around others.

NEGATIVE result

Return to normal activities IF:

1. No fever, vomiting, or diarrhea in the last 24 hours

AND

2. Symptoms have significantly improved

If symptoms continue, wear a mask, retest every 24 hours for at least 5 days since symptoms started, and contact your primary care provider for guidance.

If you have any questions about these policies, please contact Lummi Public Health at 360-383-8251, or email us at publichealth@lummi-nsn.gov with non-urgent questions.

