

# WHAT TO DO IF YOU WERE EXPOSED TO COVID

## EVERYONE SHOULD

- Monitor symptoms for 10 days after exposure
- In public indoors, wear a well-fitting mask for 10 days after exposure
- Take a COVID test if 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 or at [publichealth@lummi-nsn.gov](mailto:publichealth@lummi-nsn.gov)

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

- It is recommended to rapid test every 24-48 hours until 6 days after the person's clear date
- If you haven't had COVID in the last 90 days, you may choose take a **PCR test on DAY 6**
- Wear a mask around others
- Monitor for symptoms. Isolate and test if symptoms appear.

## EXPOSURE

### DAY 0

- This was the day of your exposure

### DAYS 1-6

- Wear a mask around others.
- Monitor for symptoms. Isolate and test if symptoms appear. (See our guidelines for "What to do if you have COVID symptoms")
- **To be cleared after an exposure: perform at least 3 rapid antigen tests, each 24-48 hours apart, until day 6. OR, perform 1 PCR/NAAT test on day 6 (if you haven't had COVID in the last 90 days).**

### DAYS 6-10

- Even if you are cleared, continue to wear a mask around others
- Monitor for symptoms. Isolate and test again if symptoms appear.

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