WHAT TO DO IF YOU WERE EXPOSED TO COVID AND/OR YOU HAVE SYMPTOMS



Contact us at (360) 383-8251 or

publichealth@lummi-nsn.gov

• If you are severely ill with COVID or you have a weakened immune system, you may need to isolate longer than 5 days.

If you have one or more of these symptoms:

- fever (\geq 100.4 F) or chills
- shortness of breath or difficulty breathing ***
- congestion or runny nose ****
- muscle or body aches
- headache

- 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

See your healthcare provider

*** If you experience chest pain or difficulty breathing, call 911 or go to the ER. **** If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child's symptoms worsen or persist beyond 5 days, contact a health care provider.

Return to normal activities IF:

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

AND

2. Your symptoms have improved

You may continue going to work/school between tests, but **please wear a mask** and take precautions around high risk individuals. Consider retesting through at least 6 days after your symptoms started.

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

- Wear a mask around others
- Monitor for symptoms. Isolate and take a COVID test if you start having symptoms.
- Test every 3-5 days after your exposure until 3-5 days after your last exposure to the person with COVID.