

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
- headache
- cough (new, changed, or worsening)
- nausea, vomiting, or diarrhea
- fatigue
- sore throat
- new loss of taste or smell

**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.

You should isolate at home and test for COVID-19
OR
See your healthcare provider

What type of COVID test should you take?

You HAVE HAD COVID in the last 90 days

At least 2 rapid COVID tests at home, each 24-48 hours apart

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.

You HAVE NOT HAD COVID in the last 90 days

At least 2 rapid COVID tests at home, each 24-48 hours apart OR 1 PCR/NAAT 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 1-5

- Isolate at home.

DAY 6

- 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.
- Avoid people who are at higher risk of serious illness.
- Avoid public indoor places where you need to remove your mask.

NEGATIVE
result

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 the two rapid tests, but please wear a mask and take precautions around high risk individuals. Consider retesting through at least 6 days after your symptoms started.

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.

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