

What to Do If You're Exposed to COVID-19

Regardless of Vaccination Status:



1. **MASK** as soon as you find out you were exposed. Continue wearing the mask for 10 days from last exposure anytime you're around others inside your home or inside in public.



2. **TEST** at least 5 days after last exposure, even if you don't have any symptoms.



3. **MONITOR** yourself for symptoms. If symptoms develop, isolate and test.
a. If positive, immediately begin isolation (see below).
b. If negative, continue above 2 steps.

What to Do If You Test Positive for COVID-19

Regardless of Vaccination Status:



1. **ISOLATE** at home for 5 days from symptom onset. If you never develop symptoms, isolate at home for 5 days from the day you test positive. If you develop symptoms after you test positive, restart your 5 days of isolation from the date symptoms develop.



2. **RETURN** to normal activities after 5 days IF:

- You are fever-free for 24 hours without use of medication AND
- Your symptoms are improving or resolved

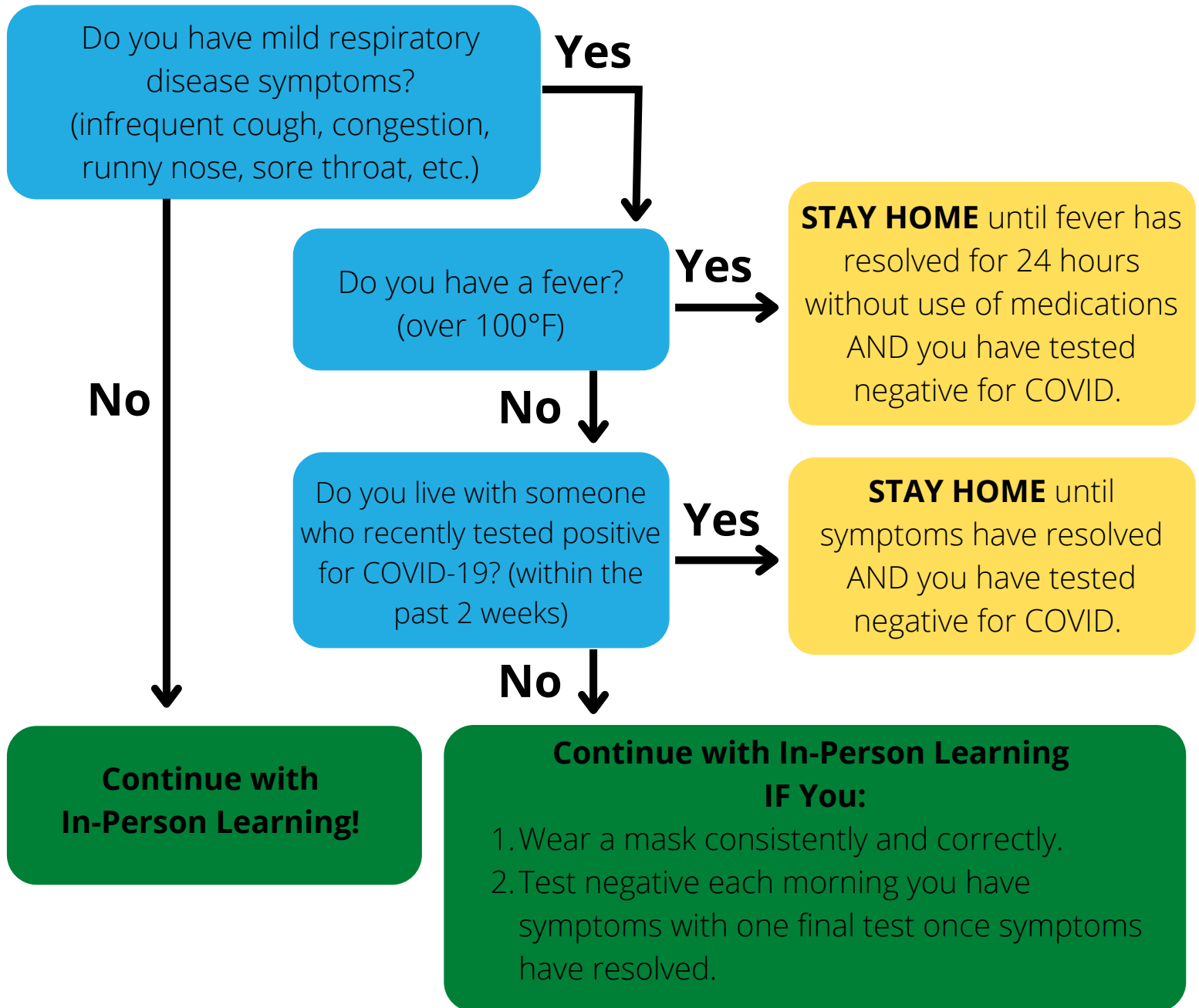


3. **MASK** anytime you're around others inside your home or inside in public until:
a. 10 days have passed since you began isolation OR
b. You test negative twice, 48 hours apart, each test taken after day 5

COVID-19 Symptoms Decision Tree*

*The guidance in this decision tree comes directly from the Connecticut Department of Public Health, Department of Education, and Office of Early Childhood, [here](#) and [here](#). As we transition to balancing respiratory illness prevention with maximizing in-person learning, school nurses and facility administrators continue to use their judgement to make the final decision on whether a student can remain in school.

Updated 08-09-2022



Individuals who test positive for COVID-19 should remain at home for 5 days from symptom onset. They may return to in-person learning on day 6 if their symptoms have resolved or significantly improved AND they wear a mask through day 10. Visit the [CDC](#) for further isolation guidelines.