

COVID-19 Now what flow chart

I just found out...

I'm COVID-19 positive or been tested for COVID-19

- Self-isolate at home for at least 10 days.
- Avoid infecting others.
- Household members and siblings also stay home for 14 days.

- May return to work/school when:
- At least 10 days have passed since COVID-19 symptoms first appeared.
 - At least 1 day (24 hours) has passed since recovery defined as resolution of fever without the use of fever-reducing medications.
 - Improvement in symptoms.

I've been exposed or had close contact with someone that is COVID-19 positive

- Get COVID-19 tested by calling your health care provider.
- Self-quarantine for 14 days from last exposure to COVID-19.

- You may return to work/school:
- After 14 days have passed since your COVID-19 exposure, if the positive case is in your household.
 - After 10 days if you have no symptoms, have not tested positive for Covid-19 and do not live in the same household as a positive Covid-19 test.
 - A shorten quarantine to 7 days will be considered when documentation is provided by your provider.
 - If you test positive see measures on the column to the left entitled "I'm COVID-19 positive."

I may have been exposed to someone with COVID-19

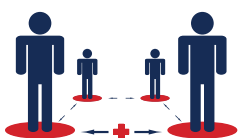
- Continue your normal routine.
- Watch for symptoms.
- Stay home if you develop any symptoms.

Signs and Symptoms of COVID-19

- Fever 100 F
- Chills
- Congestion or runny nose
- Cough
- Shortness of breath
- Difficulty breathing
- Diarrhea
- Nausea/vomiting
- Fatigue
- Headache
- Sore throat
- Muscle or body aches
- New loss of taste or smell

Signs and symptoms of MIS-C:

- Rash
- Red eyes
- Cracked swollen lips
- Red/swollen tongue
- Swelling in hands or feet
- Stomach pain



**HEALTH FIRST
KEEP APART**



**ANOKA-HENNEPIN
SCHOOLS**
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