

# New Guidelines for COVID-19: A Tip Sheet For Self-Advocates

## Words to know and understand:

- **N95 or KN95 masks** are high-quality masks that help lower the risk of spreading COVID-19.
- **Close Contact** is when you are not wearing a well-fitting mask, and you are less than 6 feet away from someone with COVID-19 for a total of more than 15 minutes at one sitting.
- **Quarantine** means to stay away from others for at least 5 days while you wait to see if you have COVID-19.
- **Isolation** means to stay away from others when you have COVID-19.
- **Symptoms** are the way our bodies tell us we may have COVID-19. These may be any or all of these:
  - A fever of 100.4 F or higher
  - Shortness of breath
  - Congestion
  - New loss of taste or smell
  - Nausea or vomiting
  - Cough
  - Muscle or body aches
  - Fatigue (feeling very tired)
  - Runny nose
  - Headache
  - Diarrhea



## COVID-19 Quick Check Timelines:

<b>Day of Close Contact</b> -Start quarantine	<b>Day 1 Quarantine</b> -Watch for symptoms	<b>Day 2 Quarantine</b> -Watch for symptoms	<b>Day 3 Quarantine</b> -Watch for symptoms	<b>Day 4 Quarantine</b> -Watch for symptoms	<b>Day 5 Quarantine</b> -Watch for symptoms	<b>Day 6</b> -If no symptoms, quarantine is done
<b>First Day of Symptoms:</b> -Start isolation -Get tested	<b>Day 1</b> -Isolate	<b>Day 2</b> -Isolate	<b>Day 3</b> -Isolate	<b>Day 4</b> -Isolate -Check temperature	<b>Day 5</b> -Isolate -If no temperature today or yesterday, last day of isolation	<b>Day 6 - 10</b> -If no temperature for 24 hours, done with isolation

## Who does not have to quarantine after close contact?

People who have had all of their vaccines and booster for COVID-19 OR have had COVID-19 in the last 90 days do not have to quarantine IF they also do not have symptoms. They should wear a well-fitting mask around others for 10 days, and get a COVID-19 test after 5 days.

## When should I quarantine after close contact?

As soon as you learn you have had close contact.



### How do I quarantine?

Follow these steps:

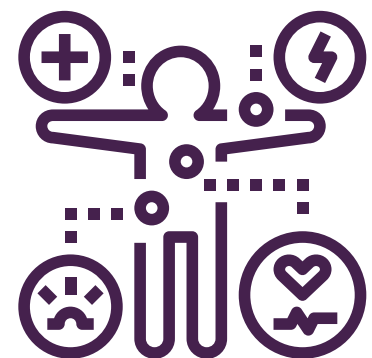
- Stay home and away from other people, for at least 5 days after close contact. If you have to be around other people, wear a mask that fully covers your nose and mouth with no gaps. The N95 or KN95 are best.
- Watch for symptoms for 5 days after close contact.
- Get a COVID-19 test at least 5 days after close contact. This is recommended, not required if you don't have symptoms.

## When is quarantine done?

If your COVID-19 test is negative and you have no symptoms, you are done with quarantine. For 10 days after close contact, you should still watch for symptoms, wear a mask around others, and try not to go to places where you cannot keep your mask on, like the gym or a restaurant.

## What if I have symptoms?

You should isolate and get a COVID-19 test. Contact your health professional, too. People who are fully vaccinated can get and spread COVID-19



## When do I go into isolation?

As soon as you have symptoms, or your test is positive.

## How do I go into isolation?

Follow these steps:

- If you can, stay in a separate room from other people and use a separate bathroom. Open windows to let fresh air in.
- Try to stay away from other people and pets in your home.
- If you must be around other people, wear a mask that covers your nose and mouth.
- Don't share personal items like cups, towels, and utensils.
- Keep track of your symptoms.
- **If you have trouble breathing get emergency medical care right away.**



## When is isolation done?

- After at least 5 days when you have no fever for 24 hours and your other symptoms have improved.
- Wait 5 more days if you cannot wear a mask.
- Continue to wear a mask for 5 more days, and stay away from people who are at risk.
- Do not go to places for 5 more days where you cannot wear a mask.