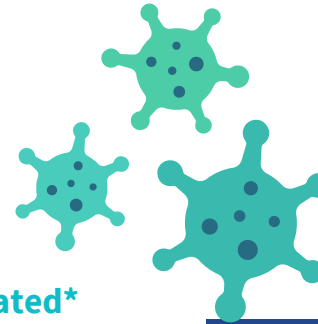


# Feeling Sick or Exposed to COVID-19?

## Now what?



This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, assisted living facility or a fish processing plant, other guidance may apply.

	Unvaccinated	Vaccinated*	
<b>If you have ANY symptoms of COVID-19 and no known exposure</b>	<p><b>DO NOT COME IN TO WORK GET TESTED, STAY HOME</b></p> <ul style="list-style-type: none"> <li>If positive, isolate for 10 days, monitor your symptoms and contact your health care provider if symptoms become worrisome.</li> <li>If negative, stay home while you have symptoms. Talk to health provider and consider testing again.</li> </ul>		<p><b>Symptoms include ANY of the following:</b></p> <p>Cough Fatigue Fever Chills Sore Throat Rash Nausea Muscle ache Headache Decreased smell or taste Runny nose</p>
<b>If you are exposed to COVID-19 and have ANY symptoms</b>	<p><b>GET TESTED and ISOLATE</b></p> <ul style="list-style-type: none"> <li>If positive, keep isolating.</li> <li>If negative, stay home while you have symptoms or are finished with QUARANTINE, which ever is longer. Consult health provider and consider testing again.</li> </ul>	<p><b>GET TESTED and ISOLATE</b></p> <ul style="list-style-type: none"> <li>If positive, keep isolating.</li> <li>If negative, stay home while you have symptoms. Consult health provider and consider testing again.</li> </ul>	
<b>If you are exposed to COVID-19 and have no symptoms</b>	<p><b>GET TESTED and STAY HOME</b></p> <ul style="list-style-type: none"> <li>Get tested immediately.</li> <li>Quarantine until cleared by public health (7-14 days).</li> <li>Testing again 5-7 days after exposure can reduce quarantine time.</li> </ul>	<p><b>GET TESTED and MONITOR</b></p> <ul style="list-style-type: none"> <li>Get tested 5-7 days after initial exposure.</li> <li>Quarantine is not required, but wear a mask and monitor for symptoms for 14 days.</li> </ul>	
<b>If you test positive for COVID-19</b>	<p><b>ISOLATE</b></p> <ul style="list-style-type: none"> <li>Until cleared by public health (usually about 10 days, but may vary).</li> <li>Notify your close contacts. Ask them to get tested and, if they are unvaccinated, to quarantine.</li> <li>Follow contact tracer guidance.</li> <li>If not contacted by tracer, you can call 907-531-3329 for education, resources and a contact tracing interview.</li> </ul>		

**Symptoms include ANY of the following:**

Cough Fatigue Fever Chills Sore Throat  
Rash Nausea Muscle ache Headache  
Decreased smell or taste Runny nose

**WHERE TO GET TESTED**

**SPH COVID Vax & Test Site**  
4201 Bartlett Street  
9 am –6 pm, 7 days a week  
235-0235  
No appt needed. Walk-ins welcome.

**SVT Health & Wellness**  
880 East End Road, Homer  
or  
72351 Milo Fritz Ave, Anchor Point  
or  
206 Main Street, Seldovia  
By appt only. Call 226-2228.

**NTC Community Clinic**  
15765 Kingsley Road  
9 am –3 pm, Wednesdays through Fridays  
907-420-4713

**Call your doctor or health care provider.**

\*A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of Johnson & Johnson.

\*If you have a condition or are taking medications that weaken your immune system, you may not be fully protected even if you are fully vaccinated and have received an additional dose. You should continue to take all precautions recommended for unvaccinated people until advised otherwise by your doctor.