

COVID-19 GUIDANCE

I was **EXPOSED**
to someone with
COVID-19.



Wear a mask around others until 10 full days have passed since you were exposed.



Watch for symptoms



Get a test 5 full days after exposure or as soon as you feel sick: ncdhhs.gov/GetTested.

I have **TESTED POSITIVE** for
COVID-19.

You need to **ISOLATE**:



Stay home and stay away from others at home and in the community for at least 5 full days from the day your symptoms started or from your test date if you do not have symptoms.



If you have symptoms, remain in isolation for the 5 days *and* until:

- You no longer have symptoms **OR**
- You have been fever-free for 24 hours (without medicine) and your symptoms are getting better



Wear a mask around others until 10 full days have passed since your symptoms began (or since your test date if you do not have symptoms).

Masks can be removed earlier than day 10, following two negative antigen tests conducted after the 5 day isolation period and 48 hours apart.



You can visit this website to learn more about COVID-19 symptoms: [covid19.ncdhhs.gov/about-covid-19/symptoms](https://ncdhhs.gov/about-covid-19/symptoms)



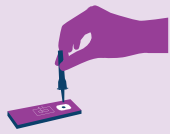
If you have **SYMPTOMS** of COVID-19 and have not yet gotten tested, you should get tested immediately: covid19.ncdhhs.gov/FindTests. Follow the instructions above to **ISOLATE** while you await your results.

COVID-19 TESTS: What's the Difference?

Anyone who has symptoms of COVID-19 should get tested immediately. If you have been exposed to COVID-19, get tested 5 days after exposure or if symptoms develop. Two common types of tests for COVID-19 are molecular (PCR) tests, that can be done in a clinic or at home but must be analyzed in a laboratory, and antigen tests, also called rapid tests, often done while you wait at a clinic or at home and analyzed on the spot.

If your antigen test, including at-home tests, is negative, and you have symptoms, you should get a molecular or PCR test from a lab to confirm the results.

Antigen (in-clinic or at-home)



Typically, a nose swab is collected, and the test is done at the same place without having to send to a lab



Usually give results rapidly – within 20 minutes



Less sensitive (might miss some infections) especially in people without symptoms



At-home tests are a type of rapid antigen test taken anywhere, including at home

Molecular or PCR (in a laboratory)



Typically, a nose or saliva sample is collected and sent to a lab for analysis



Usually 8 hours to 3 days for results



More sensitive (can detect small amounts of virus, especially if you don't have symptoms)

Visit covid19.ncdhhs.gov/FindTests for more information and to search for or order tests. Some options are free or allow for billing to health insurance. COVID-19 treatments are available and can lower your risk of hospitalization or death. Visit covid19.ncdhhs.gov/treatments or call 1-800-232-0233 for more.