

# Protect Yourself and Others

## If you test positive for COVID-19:



Limit contact with others for **5 days**

### THEN



Wear a mask for an **additional 5 days**

*Contact your primary care provider if you have one.*

## If you test positive for COVID-19 and have symptoms:



Limit contact with others until you are **fever-free** and your symptoms are **improving**

*This should be at least 5 days since your symptoms began.*

### THEN



You should wear a mask until it has been a total of **10 days** after your symptoms began

## If you are exposed to COVID-19:



Limit contact with others for **5 days**

### THEN



Wear a mask for an **additional 5 days**

### UNLESS



If you are **up-to-date** on vaccines - including boosters if eligible **OR** have tested positive in the last 90 days **THEN** wear a mask for **10 days**.



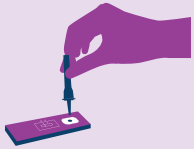
**Always** wear a mask in public places **indoors**

# PCR and Antigen Tests

## What's the difference?

Two types of common of tests for COVID-19 are PCR and antigen tests. Both types of tests detect the COVID-19 virus. If your antigen test is negative, and you have symptoms, you should get a PCR test to confirm the results.

### Antigen



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

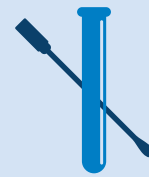


Usually give results rapidly - **within 15 minutes**



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

### PCR



Typically, a **nasal (upper respiratory) or throat swab** is collected and **sent to a lab for analysis**



Usually **24 hours-3 days** for results



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

If your antigen test is negative, and you have symptoms, you should get a PCR test to confirm the results.