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.
Two types of common 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.

<table>
<thead>
<tr>
<th>Antigen</th>
<th>PCR</th>
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<tbody>
<tr>
<td>Typically, a nasal swab is collected and test is done at the same place without having to send to a lab</td>
<td>Typically, a nasal (upper respiratory) or throat swab is collected and sent to a lab for analysis</td>
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<td>Usually give results rapidly - within 15 minutes</td>
<td>Usually 24 hours-3 days for results</td>
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<tr>
<td>Less sensitive (might miss some infections) especially in people without symptoms</td>
<td>More sensitive (can detect small amounts of virus, especially if you don’t have symptoms)</td>
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If your antigen test is negative, and you have symptoms, you should get a PCR test to confirm the results.