## 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/Get Tested.

### 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

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.
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](https://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](https://covid19.ncdhhs.gov/treatments) or call 1-888-675-4567 for more.