

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](https://www.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://www.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](https://www.ncdhhs.gov/FindTests). Follow the instructions above to **ISOLATE** while you await your results.

Support is available to answer questions about COVID-19 and to help you and your loved ones stay safe and healthy.



Questions about quarantine or isolation?

Call the NC COVID Community Team at 844-628-7223 or call your local health department www.ncdhhs.gov/divisions/public-health/county-health-departments



Questions about COVID-19 treatment?

Call 888-675-4567 or visit covid19.ncdhhs.gov/treatment



Questions about free COVID-19 vaccines?

Call 888-675-4567 or visit myspot.nc.gov.



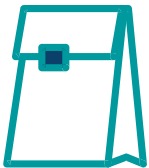
Questions about COVID-19 testing, including no-cost and at-home options?

Call 888-675-4567 or visit covid19.ncdhhs.gov/FindTests.



Need food support while in quarantine or isolation?

Call or text 2-1-1 for food resources or visit ncdhhs.gov/SNAC for a list of resources.



Need food for your child while their school is closed due to COVID-19?

Text “FOOD” or “COMIDA” to 304-304. This is a national resource not maintained by NCDHHS.



Need mental health or emotional support?

Call, text or chat Hope4NC at 1-855-587-3463 for free and confidential emotional support, counseling referrals, and community resources available 24/7.



For other needs:

Call 2-1-1 or 888-892-1162 for resources and assistance with food, housing, paying your energy bills, parenting, substance use treatment, as well as specific resources for older adults, people with disabilities and more.

