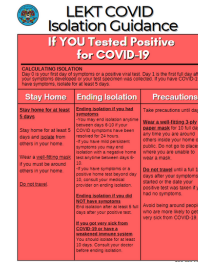




LEKT COVID Guidance

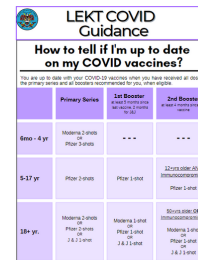
How to use this guidance

If you are positive for COVID, move on to the **RED** page



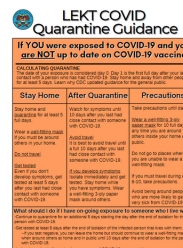
IF YOU ARE A CLOSE CONTACT TO SOMEONE WITH COVID:

Determine if you are up to date on your COVID vaccine

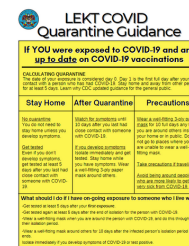


Find the colored page the matches your vaccination status:

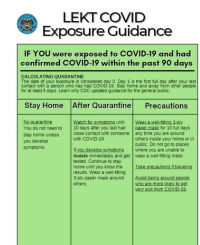
Not up to date



Up to date



Recovered from COVID in the past 90 days





LEKT COVID Guidance

How to tell if I'm up to date on my COVID vaccines?

You are up to date with your COVID-19 vaccines when you have received all doses in the primary series and all boosters recommended for you, when eligible.

	Primary Series	1st Booster at least 5 months since last vaccine, 2 months for J&J	2nd Booster at least 4 months since last vaccine
6mo - 4 yr	Moderna 2-shots OR Pfizer 3-shots	- - -	- - -
5-17 yr	Pfizer 2-shots	Pfizer 1-shot	<u>12+yrs older AND Immunocompromised</u> Pfizer 1-shot
18+ yr.	Moderna 2-shots OR Pfizer 2-shots OR J & J 1-shot	Moderna 1-shot OR Pfizer 1-shot OR J & J 1-shot	<u>50+yrs older OR Immunocompromised</u> Moderna 1-shot OR Pfizer 1-shot OR J & J 1-shot

For additional information visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#recommendations>

TOO-CDS 6/22/22



LEKT COVID Isolation Guidance

If YOU Tested Positive for COVID-19

CALCULATING ISOLATION

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

Stay Home	Ending Isolation	Precautions
<p><u>Stay home for at least 5 days</u></p> <p>Stay home for at least 5 days and <u>isolate</u> from others in your home.</p> <p>Wear a <u>well-fitting mask</u> if you must be around others in your home.</p> <p><u>Do not travel</u>.</p>	<p><u>Ending isolation if you had symptoms</u></p> <p>-You may end isolation anytime between days 6-10 if your COVID symptoms have been resolved for 24 hours.</p> <p>-If you have mild persistent symptoms you may end isolation with a negative home test anytime between days 6-10.</p> <p>-If you have symptoms or a positive home test beyond day 10, consult your medical provider on ending isolation.</p> <p><u>Ending isolation if you did NOT have symptoms</u></p> <p>End isolation after at least 5 full days after your positive test.</p> <p><u>If you got very sick from COVID-19 or have a weakened immune system</u></p> <p>You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p>Take precautions until day 10</p> <p><u>Wear a well-fitting 3-ply paper mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><u>Do not travel</u> until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.</p> <p>Avoid being around people who are more likely to get very sick from COVID-19.</p>



LEKT COVID Quarantine Guidance

If YOU were exposed to COVID-19 and you are NOT up to date on COVID-19 vaccine

CALCULATING QUARANTINE

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

Stay Home	After Quarantine	Precautions
<p>Stay home and <u>quarantine</u> for at least 5 full days.</p> <p>Wear a <u>well-fitting mask</u> if you must be around others in your home.</p> <p><u>Do not travel.</u></p> <p><u>Get tested</u> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><u>Avoid travel</u> It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.</p> <p><u>If you develop symptoms</u> Isolate immediately and get tested. Stay home while you have symptoms. Wear a well-fitting 3-ply paper mask around others.</p>	<p>Take precautions until day 10</p> <p><u>Wear a well-fitting 3-ply paper mask</u> for 10 full days any time you are around others inside your home or in public.</p> <p>Do not go to places where you are unable to wear a well-fitting mask.</p> <p>If you must travel during days 6-10, take precautions.</p> <p>Avoid being around people who are more likely to get very sick from COVID-19.</p>

What should I do if I have on-going exposure to someone who I live with?

- Continue to quarantine for an additional 5 days starting the day after the end of isolation for the person with COVID-19.
- Get tested at least 5 days after the end of isolation of the infected person that lives with them.
 - If you test negative, you can leave the home but should continue to wear a well-fitting mask when around others at home and in public until 10 days after the end of isolation for the person with COVID-19.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.



LEKT COVID Quarantine Guidance

If YOU were exposed to COVID-19 and are up to date on COVID-19 vaccinations

CALCULATING QUARANTINE

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

Stay Home	After Quarantine	Precautions
<p><u>No quarantine</u> You do not need to stay home unless you develop symptoms.</p> <p><u>Get tested</u> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><u>Watch for symptoms</u> until 10 days after you last had close contact with someone with COVID-19.</p> <p><u>If you develop symptoms</u> Isolate immediately and get tested. Stay home while you have symptoms. Wear a well-fitting 3-ply paper mask around others.</p>	<p><u>Wear a well-fitting 3-ply paper mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p><u>Take precautions if traveling</u></p> <p><u>Avoid being around people who are more likely to get very sick from COVID-19.</u></p>

What should I do if I have on-going exposure to someone who I live with?

- Get tested at least 5 days after your **first exposure**.
 - Get tested again at least 5 days after the end of isolation for the person with COVID-19.
 - Wear a well-fitting mask when you are around the person with COVID-19, and do this throughout their isolation period.
 - Wear a well-fitting mask around others for 10 days after the infected person's isolation period ends.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.



LEKT COVID Exposure Guidance

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days

CALCULATING QUARANTINE

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

Stay Home	After Quarantine	Precautions
<p><u>No quarantine</u> You do not need to stay home unless you develop symptoms.</p>	<p><u>Watch for symptoms</u> until 10 days after you last had close contact with someone with COVID-19.</p> <p><u>If you develop symptoms</u> Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting 3-ply paper mask around others.</p>	<p><u>Wear a well-fitting 3-ply paper mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.</p> <p><u>Take precautions if traveling</u></p> <p><u>Avoid being around people who are more likely to get very sick from COVID-19.</u></p>