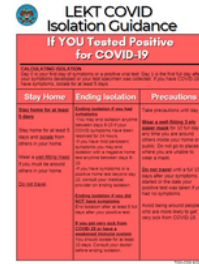




# LEKT COVID Guidance

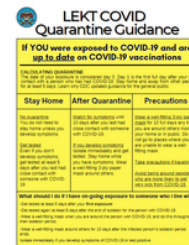
## How to use this guidance

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



## IF YOU WERE EXPOSED TO SOMEONE WITH COVID

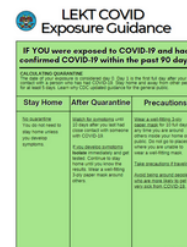
(closer than 6ft for 15+ mins to someone recently positive)



## IF YOU WERE EXPOSED TO SOMEONE WITH COVID

and you recently

Recovered from COVID in the past 90 days





# 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><b><u>Stay home for at least 5 days</u></b></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><b><u>Ending isolation if you had symptoms</u></b></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><b><u>Ending isolation if you did NOT have symptoms</u></b></p> <p>End isolation after at least 5 full days after your positive test.</p> <p><b><u>If you got very sick from COVID-19 or have a weakened immune system</u></b></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><b><u>Wear a well-fitting 3-ply paper mask</u></b> 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><b><u>Do not travel</u></b> 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

**Exposed:** closer than 6ft for 15+ mins to someone recently positive. Time frame includes the 48 hours prior to their symptom start, or positive test for asymptomatic.

### No quarantine

You do not need to stay home unless you develop symptoms.

### Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### If you develop symptoms

Isolate immediately and get tested. Stay home while you have symptoms. Wear a well-fitting 3-ply paper mask around others.

## Precautions

Wear a well-fitting 3-ply paper mask 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.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

## 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.

## Cannot wear a mask? (*under the age of 2 or have a disability*)

- Improve ventilation in shared spaces with the use of a HEPA filters, opening of windows, or increase the rate of air circulation.
- Others wear mask when around the individual that was exposed to COVID.



# LEKT COVID Exposure Guidance

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

**Exposed:** closer than 6ft for 15+ mins to someone recently positive. Time frame includes the 48 hours prior to their symptom start, or positive test for asymptomatic.

### No quarantine

You do not need to stay home unless you develop symptoms.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### If you develop symptoms

**Isolate** immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting 3-ply paper mask around others.

## **Precautions**

Wear a well-fitting 3-ply paper mask 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.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

## **Cannot wear a mask? (*under the age of 2 or have a disability*)**

-Improve ventilation in shared spaces with the use of a HEPA filters, opening of windows, or increase the rate of air circulation.

-Others wear mask when around the individual that was exposed to COVID.