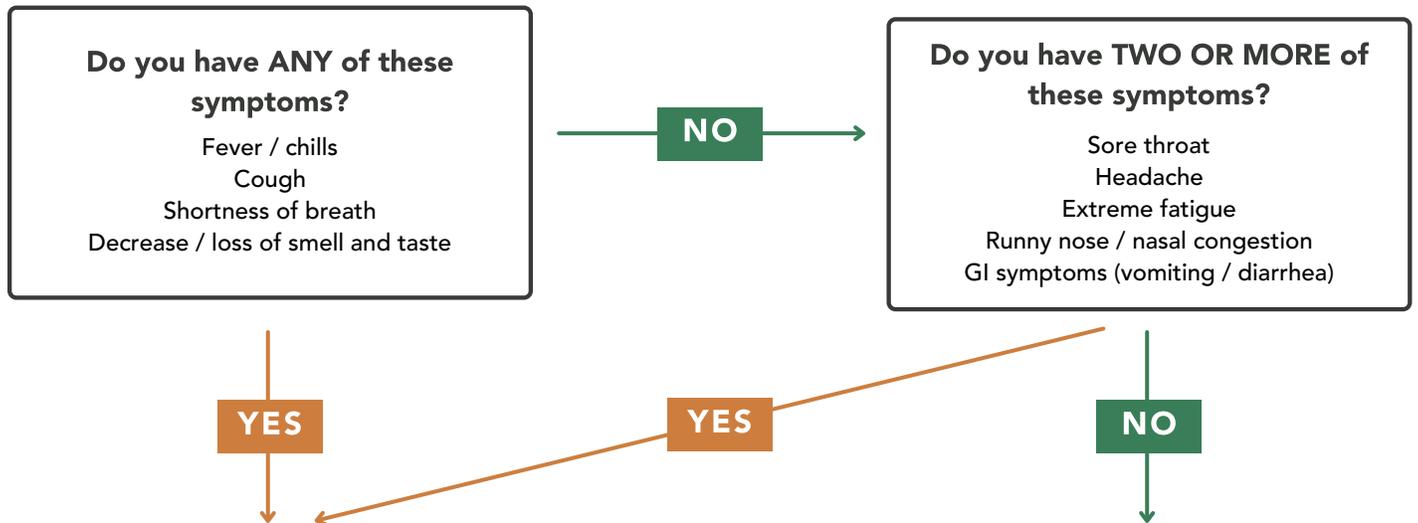


# You have **symptoms** and are concerned you may have **COVID-19**. **Now what?**



## It's **highly likely** you have a **COVID-19** infection

- Self-isolate immediately:
  - For at least 5 days from your symptom onset if you are 12+ years of age and fully vaccinated, or 11 years or younger, **OR**
  - For at least 10 days from your symptom onset if you are 12+ years of age and partially/unvaccinated, or immune-compromised, **AND**
  - Until you have no fever, **AND**
  - Your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Notify your supervisor/program coordinator of your absence.
- All of your household members (regardless of their vaccination status) must self-isolate while you are self-isolating.
- If you are eligible, get a PCR test. If you have access, do a Rapid Antigen Test.
- If your symptoms worsen, seek advice from Telehealth or your health care provider.

### Returning to school or work

- Do not return to school/work unless your symptoms have resolved.
- You are required to complete a Rapid Antigen Test the day you return (available at reception). Email your results to the Pandemic Coordinator at [skylarc@7generations.org](mailto:skylarc@7generations.org).

## It is **less likely** you have a **COVID-19** infection

- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Notify your supervisor/program coordinator of your absence.
- Your household members don't have to self isolate.

### Returning so school or work

- Do not return to school/work until you have completed the required isolation period.
- You are not required to complete a Rapid Antigen Test.

### Important notes

- A positive test result includes PCR, Rapid Antigen, or any other molecular-based test.
- If you are asymptomatic and have tested positive in the past 90 days, you do not need to self-isolate if you are exposed again, even if you live with a COVID-positive person.

