



## COVID-19 Guidance

The Sidney-Shelby County Health Department prioritizes the health and well-being of our Shelby County residents. The CDC advises that everyone aged 6 months and older stay Up to Date with all recommended COVID-19 vaccine doses to decrease the risk of getting and spreading COVID-19 illness and severe disease.

- Staying up to date with recommended vaccinations
- Staying home when you are sick
- Covering coughs and sneezes with a tissue
- Washing hands frequently with soap and water or using hand sanitizer when soap and water is not available

### Exposure to COVID-19

1. Wear a mask for 10 full days when around others. Day 0 is the day of your last exposure to someone with COVID-19
2. Test immediately, any time you develop symptoms of COVID
3. If you remain symptom free, get tested at least 5 full days after your last exposure

Positive Test Result	Negative Test Result
Stay home – isolate from others	Continue to wear a mask through Day 10
Tell others you have had recent contact with that they may have been exposed	Contact your healthcare provider if you have questions about your test result, or symptoms worsen. You may have another infection, such as the flu, where early diagnosis and treatment may help prevent severe illness
Ask your doctor if treatment is right for you	You may have COVID-19 but have tested before the virus was detectable. Consider testing again 48 hours after the first negative test, for a total of two tests.

### Isolation

If you test positive for COVID-19, stay home for at least 5 days, and isolate from others. Day 0 is the day your symptoms began, or the day you tested positive if you have no symptoms

1. Stay home – Isolate from others for at least 5 days\*
2. Tell others you have had recent contact with that they may have been exposed
3. Ask your doctor if treatment is right for you.
4. Wear a mask around others through at least Day 10 OR until you have 2 negative tests 48 hours apart (may be sooner or later than Day 10)

*\*For isolation to end, symptoms must be improving, with no fever for 24 hours without the use of fever-reducing medications. Longer isolation may be advised by your doctor if you had severe disease or complications (immune compromised, hospitalization, etc.)*