

CDC COVID Guidance

31 August 2021

Exposure

If you have been exposed to someone with active COVID-19 for an extended period of time (>15 mins within 6') without wearing PPE:

If you **have been fully vaccinated** you should:

- get tested 3-5 days after your exposure, even if you don't have symptoms
- You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative.

If you **have had COVID-19 illness within the past 90 days** and have recovered and experience no symptoms you do not need to quarantine.

If you have **not been vaccinated** you should:

- Stay home for 14 days after your last contact *-or-*
- Stay home for 7 days with no symptoms and end quarantine after receiving a negative test result (test must occur on day 5 or later)

COVID+

If you think or know you have COVID-19 you should isolate for a minimum of:

- 10 days since symptoms first appeared *-and-*
- 24 hours with no fever without the use of fever-reducing medications *-and-*
- Other symptoms of COVID-19 are improving

Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



Visit [cdc.gov](https://www.cdc.gov) for the latest updates or contact Human Resources or Fire Administration for guidance.