**VYFL COVID GUIDELINES **

**If you were exposed but have no symptoms**

Regardless of your vaccination status:

* Get tested 3-5 days from last exposure
* If test result is positive, isolate

If you had COVID-19 within the last 90 days:

* You don’t need to test unless symptoms start
* If symptoms start, isolate and get tested

**If you test positive or have symptoms**

Regardless of your vaccination status or infection history:

* **Isolate**for at least 5 days
  + Sleep and stay in a separate room from those not infected
  + Wear a mask around others at home
* Get tested (antigen preferred) on Day 5
* End isolation on Day 6 if:
  + You test negative, AND
  + Have no fever for 24 hours without taking fever-reducing medication, AND
* End isolation on Day 10 if:
  + You test positive on Day 5 or don’t test, AND
  + You have no fever for 24 hours without taking fever-reducing medication
* If you still have a fever, continue to isolate until it’s been gone for 24 hours