



# 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