COVID-19

WHAT DO YOU DO...

...if you were EXPOSED to someone who tested positive for COVID-19?

Start Precautions Immediately

- Wear a high-quality mask any time you are around others inside your home or indoors in public.

- Start counting from Day 1
  - Day 1 is the first full day after your last exposure

- Avoid being around people who are more likely to get very sick from COVID-19.

- Immediately get tested if you begin having any COVID-19 symptoms and isolate.

- Contact your healthcare provider for any questions or concerns.

Continue Precautions for 10 Full Days

- Continue wearing a high-quality mask any time you are around others inside your home or indoors in public.

- Do not go places where you are unable to wear a mask.

- Get tested at least 5 full days after your last exposure even if you don't develop symptoms.
  - If you test negative, still continue taking precautions through day 10.

- Watch for symptoms
  - If you develop symptoms immediately get tested and isolate

- At any time, if you test positive, quarantine and isolate immediately.

*You can still develop COVID-19 up to 10 days after exposure!

...if you test POSITIVE for COVID-19?
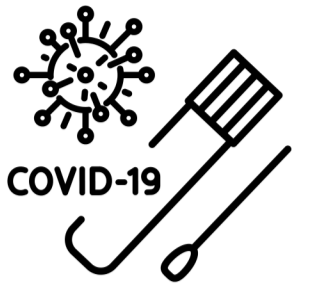
- **Stay Home**
  - Do not go outside of the home until you have completed your quarantine time
- **Quarantine**
  - Stay inside at home, isolate if possible to avoid getting household members sick.
- **Wear a mask**
  - Make sure the mask is well-fitted and high-quality, especially if you are around other people (i.e., people in your household).
- **Improve ventilation**
  - Ensure that there is airflow throughout the home to help prevent the virus from spreading in the household.
- **Monitor your symptoms**
  - If your symptoms get worse notify your healthcare provider.
- **Clean and sanitize**
  - Clean and sanitize common household areas/items before and after coming into contact with the infected person.
- **Practice good hygiene**
  - Continue to wash your hands often and avoid touching your face.

**Quarantine is a minimum of 5 days, and may be extended by your healthcare provider.

...to help PREVENT catching COVID-19?

- Wear a mask
- Physically distance
- Keep areas well ventilated
- Avoid/Limit contact with someone who is ill
- Get vaccinated & Stay up to date with vaccines
- Wash your hands & Avoid touching your face

GILA RIVER INDIAN COMMUNITY
TRIBAL HEALTH DEPARTMENT

(520) 562 -5100

For more information from the CDC, scan the QR code or contact your healthcare provider.

SCAN ME