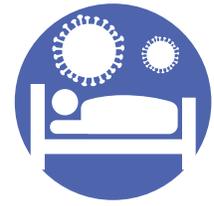


# Feeling Sick or Exposed to COVID-19

## Now What?



**If you test positive for COVID-19 (or have COVID symptoms)**

### Everyone, regardless of your vaccination status

Isolate for at least 5 days after the onset of symptoms or the day you tested (if you have no symptoms). After 5 days, if you are fever-free for 24 hours and symptoms are resolving, you can leave isolation. Wear a mask around others and monitor symptoms for another 5 days. Consult a health care provider if you have questions or concerns and to learn if COVID-19 treatments may be right for you – and also before ending isolation if you were severely ill.

**If you are exposed to COVID-19**

### If you are up to date on vaccinations

You do not need to quarantine. Wear a mask around others for 10 days. Test at least 5 days after you were exposed to COVID-19.

### If you are NOT up to date on vaccinations

Quarantine for 5 full days after your exposure. Wear a mask around others for 10 days. Test at least 5 days after you were exposed to COVID-19.

If you develop ANY symptoms, isolate immediately and get tested. Continue to stay home until you know the test results. Wear a mask around others.

This guidance applies to the general public. If you live or work in a health care facility or certain congregate settings, please refer to the [CDC guidance](#) for these specific settings.

**Up to date** on vaccinations means you have received all recommended COVID-19 vaccines, including a booster dose when eligible.

**Quarantine** and stay away from others when you have been in close contact with someone who has COVID-19. You've been exposed and may or may not get sick.

**Isolate** when you are sick with COVID-19 symptoms or when you test positive, even if you don't have symptoms.



**If you have tested positive or have been exposed to COVID-19 and have questions, please call the DHSS COVID-19 Helpline, 907-646-3322.**

# Monitor For Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptom onset is typically 2-5 days after exposure, but could take longer (up to 14 days). Please get tested if you have any of these symptoms:

- Congestion, runny nose, sore throat
- Cough, shortness of breath
- Fever, chills, muscle or body aches
- New loss of taste or smell
- Nausea, vomiting, diarrhea
- Fatigue, headache

Please seek emergency medical care with severe symptoms:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

These are not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you and if you test positive, to find out if any COVID-19 treatments might be right for you. For emergency care, call 911 or your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

# What To Do If You're Sick

In general, most people with COVID-19 can recover at home but please stay in touch with your health care provider if you have any concerns. Here are the basics to know:

- Stay home except to get medical care.
- Stay in a specific room and away from other people in your home. If possible, use a separate bathroom. If you must be around others, wear a mask.
- Get plenty of rest and stay well hydrated. Take over-the-counter medications, such as acetaminophen for fever, to help you feel better.
- Rest in the prone position (flat on your stomach) for easier breathing. Engage in light physical activity, such as walking, that you can comfortably tolerate.
- Monitor your symptoms and stay in touch with your health care provider. Be sure to get care if you have trouble breathing, have any other emergency warning signs or if you think it is an emergency.

# After You Recover, Consider Vaccination

- Once you have recovered, it is recommended that you get vaccinated if you haven't already done so. Vaccination helps reduce your chance of getting COVID-19 again and helps protect against severe illness.
- If you have been treated for COVID-19 with monoclonal antibodies, you should wait 90 days before getting a COVID-19 vaccine.

# Resources

- DHSS, If You Are Sick or Exposed to COVID-19: <https://dhss.alaska.gov/dph/epi/id/pages/covid-19/nowwhat.aspx>
- CDC, Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- CDC, Quarantine and Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>