Hays County COVID-19 Guidelines

Updated May 1, 2022

If you test positive for COVID-19:

- Isolate for a **minimum** of 5 days from date of positive test (test day is day zero).
- Wear a high-quality mask (N95, KF94, or KN95) around others for a minimum of 10 days.
- To end your isolation, your symptoms must be resolving. If possible, test before ending your isolation. It is not uncommon to continue to test positive on day 8 or 9 or longer. *If you continue to test positive (with an antigen test) then you are still contagious!* Continue to isolate until you have a negative test result. If you are not feeling well, do not rush to end your isolation. Seek medical care as needed.
- Two oral antiviral therapies are available to treat COVID-19 in high-risk patients 12 years and older. They require a prescription and must be started within 5 days of the start of symptoms. Contact your medical provider to determine if you would benefit from antiviral treatment.

If you have been exposed to someone with COVID-19:

If you are up to date on your vaccination or if you have had a lab-confirmed case of COVID-19 within the past 90 days:

- You do not need to quarantine. Watch for symptoms for 10 days. Wear a mask if you are around others in indoor settings. If you start to show symptoms, isolate and get tested.
- If you do not show symptoms but want the added reassurance of a test, the best day for testing is 4-5 days after the exposure.

If you are not up to date on your vaccination:

- Quarantine for 5 days. Watch for symptoms and wear a high-quality mask for an additional 5 days. If you develop symptoms, isolate and get tested.
- Even if you do not show symptoms, test on day 4 or 5 if possible.