



# Hays County COVID-19 Guidelines

Updated November 10, 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 (with an antigen test). If you are not feeling well, do not rush to end your isolation. Seek medical care as needed.

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

- Watch for symptoms for 10 days. Wear a high-quality mask if you are around others in indoor settings. If you start to show symptoms, isolate and get tested.
- Even if you do not show symptoms, test on day 5 if possible.

## **If you test negative (or are unable to test) but have symptoms and a known exposure to COVID-19:**

- Assume that you have COVID-19. Many people do not test positive until day 3 or 4 of their illness. PCR tests are more reliable than antigen tests.
- Isolate for a minimum of 5 days from date of symptom onset (first day of symptoms is day 0).
- 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.