



Hays County COVID-19 Guidelines

Updated July 18, 2023

If you test positive for COVID-19:

- Isolate for a **minimum** of 5 days from date of positive test or first day of symptoms (test day/first day of symptoms 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. 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.
- Optional—Report your test results to the health department online: <https://arcg.is/1G4P1r> (personal information is not collected)

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 or 6 if possible.

If you test negative on an at-home antigen test (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 5 or 6 of their illness.
- 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.