

# COVID-19 Guidelines Update: August 15, 2022



If you are sick or experiencing symptoms, call your healthcare provider. The Health Department will no longer be administering PCR tests. Home test kits are available free of charge - call (785) 229-3530.

## If You Test **POSITIVE** for COVID-19 Everyone, regardless of vaccination status: **ISOLATE**

- **Stay home for at least 5 days**
  - from symptom onset, or
  - from test day with no symptoms

Continue to stay home as long as you have symptoms (past 5 days).
- Fully isolate from household contacts.
- If you have no symptoms or your symptoms resolve and at least 24 hours have passed since fever was experienced with no medications, you can leave your home after a MINIMUM of 5 days of isolation.
- Following 5 days isolation, individuals must wear a well-fitting mask around others for 5 additional days (through day 10) and avoid situations in which a mask cannot be worn - such as restaurants, gyms and eating around others at home and work.
- Contact your primary care physician to see if you qualify for treatment. A lab confirmed test may be necessary.

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## If You Have Been Exposed to COVID-19 No longer required to quarantine, if you remain symptom free:

- Wear a mask for 10 days
  - when in indoor public spaces
  - when around others and social distancing is not possible
- Test 5 days after exposure or as soon as symptoms begin
  - If you get a positive test result - see instructions above.
  - If you get a negative test result - test again in 48 hours, continue until you receive 3 negative results.

**\*\*\*Note: The FDA recommends repeat testing (after exposure) following a negative result whether or not you have symptoms.**