

<p>Low-risk: General Symptoms</p> <ul style="list-style-type: none"> • Fever ($\geq 100.4^{\circ}\text{F}$) • Congestion/Runny Nose • Nausea/Vomiting/Diarrhea • Sore Throat • Headache • Fatigue/Muscle or Body Aches 	<p>High-risk: Red Flag Symptoms</p> <ul style="list-style-type: none"> • Cough (new onset affecting quality of life) • Difficulty Breathing • Loss of Taste/Smell
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For Family Members of a **CONFIRMED/PRESUMED** case, most will fit the **EXPOSED** definition and should follow those recommendations.

	<u>CONFIRMED</u>	<u>PRESUMED</u>	<u>EXPOSED</u>
	<p>Individual with any positive COVID test result.</p> <p>Applies to both any Rapid Antigen Test[§] and any PCR Test^{§§}.</p>	<p>Whether there is a known exposure or not but symptoms more likely COVID with known exposure.</p> <p>Individual with ≥ 2 low risk symptoms <u>OR</u> 1 High risk symptom.</p> <p>See above chart for low risk vs. high risk symptoms.</p>	<p>Assumes NO SYMPTOMS, if symptomatic use the PRESUMED column.</p> <p>Individual who has been closer than six feet to a person with a confirmed or presumed COVID case^{¶¶} for 15 or more cumulative minutes in a 24 hour period, regardless of either person wearing a mask or not.</p>
<p>Unvaccinated or Under-Vaccinated Individuals</p> <p>For people who are more than 6 months out from their 2nd mRNA dose (Pfizer/Moderna) and not yet boosted.</p> <p>OR</p> <p>For people who are more than 2 months out from their 1st J&J vaccine and not yet boosted.</p>	<p>Isolation for 5 days from onset of symptoms OR if no symptoms then from date test was taken (if you develop symptoms the 5-day clock restarts) followed by strict mask use for an additional 5 days.</p> <p>You must also be free of fever* for at least 24 hours AND symptoms improved.</p> <p>No need to retest after completion of isolation.</p>	<p>Isolation for 5 days from onset of symptoms followed by strict mask use for an additional 5 days.</p> <p>You must also be free of fever* for at least 24 hours AND symptoms improved.</p> <p>No need to retest after completion of isolation.</p> <p>Can be cleared sooner by a healthcare provider if an alternative diagnosis is confirmed.</p>	<p>Quarantine for 5 days from the last day exposed to the confirmed/presumed positive individual (during what should have been their time of isolation) followed by strict mask use for an additional 5 days.</p> <p>If you develop symptoms then follow the presumed recs. If you test positive then follow the confirmed recommendations.</p> <p>Individuals must take a COVID test[¶] 5 days after exposure whether symptomatic or not.</p>
<p>Fully Vaccinated Individuals</p> <p>Have been boosted^{d**}.</p> <p>OR</p> <p>For people who are less than 6 months out from their 2nd mRNA dose^{**} (Pfizer/Moderna).</p> <p>OR</p> <p>For people who are less than 2 months out from their 1st J&J dose^{**}.</p>	<p>Isolation for 5 days from onset of symptoms OR if no symptoms then from date test was taken (if you develop symptoms the 5-day clock restarts) followed by strict mask use for an additional 5 days.</p> <p>You must also be free of fever* for at least 24 hours AND symptoms improved.</p> <p>No need to retest after completion of isolation.</p>	<p>Isolation for 5 days from onset of symptoms followed by strict mask use for an additional 5 days.</p> <p>You must also be free of fever* for at least 24 hours AND symptoms improved.</p> <p>No need to retest after completion of isolation.</p> <p>Can be cleared sooner by a healthcare provider if an alternative diagnosis is confirmed.</p>	<p>If you are exposed to a confirmed/presumed case, there is no need to quarantine if you are symptom free and the exposure happened at least 14 days after you became fully vaccinated.</p> <p>Must wear a mask for 10 days. If symptoms develop or positive test, then reassess.</p> <p>If you develop symptoms then follow the presumed recs. If you test positive then follow the confirmed recommendations.</p> <p>Individuals must take a COVID test[¶] 5 days after exposure whether symptomatic or not.</p>

* Without using fever-reducing medication.

**To be fully vaccinated you should be 14 days out from your latest COVID vaccine dose.

¶ Blue Fish strongly recommends any PCR test, but a Rapid Antigen Test with a sensitivity of 70% or higher is acceptable.

¶¶ Contact is defined by CDC as being within six feet of an infected individual for a total of 15 minutes or more over a 24-hour period INCLUDING the 48 hours before the infected individual exhibited symptoms or, if asymptomatic, the 48 hours before the COVID test was administered.

§ For Rapid Antigen Tests, POSITIVES are reliable, NEGATIVES are NOT reliable (repeat tests 36hr apart increases accuracy).

§§ For PCR Tests, POSITIVES are reliable, NEGATIVES are generally reliable – the later the test the more accurate the result.