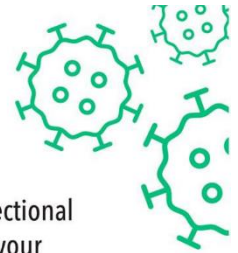




Kenai Peninsula Borough School District

If you are identified as a Close Contact, or test positive for COVID-19, or feel symptoms of illness, this guide from the State of Alaska, following CDC guidelines, will assist you with important action steps to take.

Feeling Sick or Exposed to COVID-19 Now what?



This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

	UNVACCINATED	VACCINATED*
If you test positive for COVID-19	ISOLATE Until cleared by public health (usually 10 days, but may vary depending on symptoms).	
If you are exposed to COVID-19 and have NO symptoms	GET TESTED and QUARANTINE Until cleared by public health (7-14 days) depending on testing and location.	GET TESTED and MONITOR Carefully for symptoms for 14 days. Wear a mask. Quarantine not required. Test on day 3-5.
If you are exposed to COVID-19 and have ANY symptoms	GET TESTED and ISOLATE - If positive, keep isolating. - If negative, stay home while you have symptoms or until you are finished with QUARANTINE, whichever is longer. Talk to a health care provider and consider testing again.	GET TESTED and ISOLATE - If positive, keep isolating. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.
If you have ANY symptoms of COVID-19 and no known exposure	GET TESTED and STAY HOME - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.	

* A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of the Johnson and Johnson vaccine.

