COVID-19 Information

I tested positive for COVID-19

Notify close contacts, including employers and schools.

I have symptoms:

- Isolate for 5 days from when your symptoms first appeared. You should also wear a mask for 5 additional days when around others.
- If you develop severe COVID-19 symptoms or are immunocompromised, isolate for at least 20 days.
- Remain in isolation until symptoms are improving and you are fever free for at least 24 hours without the use of fever reducing medications. You can return to normal activities, wearing a mask, on the 6th day.

I tested positive and I do NOT have symptoms:

- Isolate for 5 days from test date and wear a mask for 5 additional days when around others.
- If symptoms start after you test positive, remain in isolation until symptoms are resolving and you are fever free for at least 24 hours without the use of fever reducing medications.

I was exposed to COVID-19

I am fully vaccinated against COVID-19*:

- If you have symptoms, isolate until you get your test result.
- If you have NO symptoms, wear a mask in public for 10 days.
- Test 5 days after exposure.
- Stay home if you have symptoms
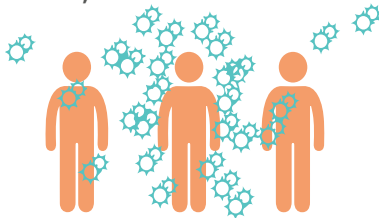
I am NOT fully vaccinated against COVID-19**:

- Quarantine for 5 days after you were exposed, even if you dont have symptoms.
- Test 5 days after the exposure.
- You can end your quarantine after 5 days if you do not develop symptoms and you tested negative.
- Follow 5 days of quarantine with 5 days of mask wearing when around others.

Note for both vaccinated and unvaccinated: If you don't have any symptoms, but have ongoing exposure to a person that has COVID-19 at home, test again 5 days after the positive persons last day of isolation.

Retesting for COVID-19

- If you tested positive, you may test positive for up to 3 months afterwards.
- The State of Alaska and CDC does not recommend retesting for 90 days after a positive test.
- If your work requires a negative test, please make them aware of these guidelines, or contact your provider for a letter.
- If you develop symptoms again, within three months of having COVID-19, contact your health care provider.

Treatment options for COVID-19

- Monoclonal antibody treatment is available for those who are 12 and older meeting certain criteria.
- This can help prevent severe illness and hospitalization.
- Talk to your provider or call the statewide COVID-19 helpline at 907-646-3322 for more information.

A negative test only means that there is not enough virus in your nose to be detected today. If you have been exposed to COVID-19, it can take days for the virus to be detectable. During that time, you could be spreading the virus to people around you.

*Vaccinated within the last 6 months for Pfizer or Moderna vaccines and within 2 months for J&J vaccine or received a booster dose.
**Vaccinated over 6 months ago and has not received a booster dose.

Prevention for Everyone

If you were exposed and/or you feel sick, please stay home while waiting for your results. Please monitor for and isolate if you experience symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, congestion or runny nose.

- A positive person can spread the virus for up to two days before showing symptoms and can pass it for 10 days or even longer if symptoms are present.
- Many people with COVID-19 have mild symptoms. Staying home in isolation protects your family and community and keeps the virus from spreading.

Isolation Instructions for people that test positive for COVID-19:

- Separate from others and stay in a separate room or house if possible, avoiding contact.
- Monitor symptoms and seek medical care if you have emergency warning signs.
- Wear a mask.

Quarantine Instructions for people that were exposed to COVID-19:

- If you have been a close contact of someone with COVID-19 (within 6 feet for a total of 15 minutes or more).
- Watch for symptoms of COVID-19.
- Stay home and wear a mask around others.

What are the symptoms of COVID-19 infection?
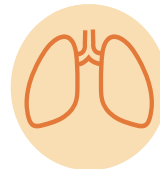
FEVER OR CHILLS

SORE THROAT

CONGESTION OR RUNNY NOSE

COUGH

SHORTNESS OF BREATH

DIARRHEA

MUSCLE ACHES, BODY ACHES

NAUSEA VOMITING

NEW LOSS OF TASTE OR SMELL

HEADACHE OR FATIGUE

SOMETIMES NO SYMPTOMS

Protect yourself and others

- Get vaccinated, and continue to mask up and social distance in public settings.
- Wash your hands frequently with soap and water for at least 20 seconds or use hand sanitizer if soap and water are not available.
- Practice physical distancing; keep 6 feet from others and avoid large gatherings.
- Disinfect high touch surfaces often—phones, remotes, door handles, and other objects often touched!

6 FEET
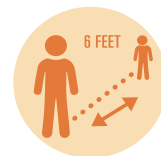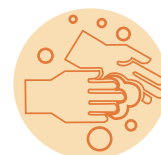
For the most up-to-date information on COVID-19, please visit www.cdc.gov/covid19 or speak with your health care provider.

Updated: Jan. 2022