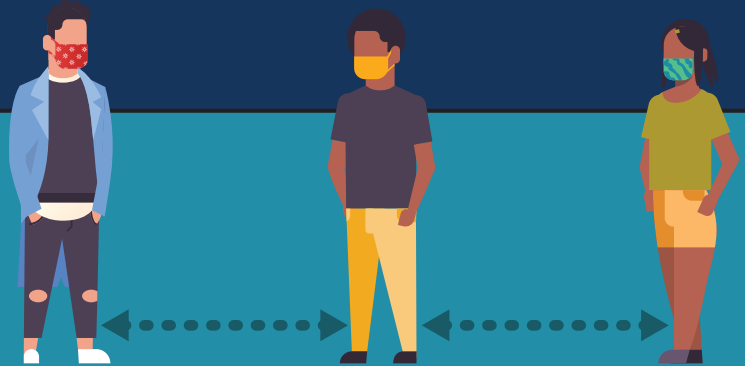
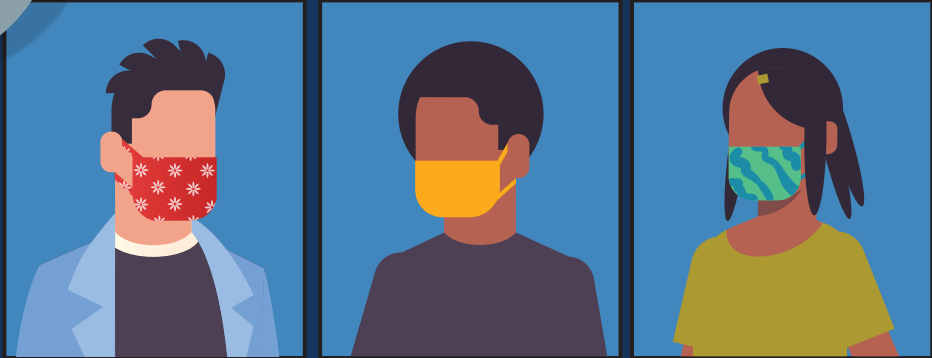


# Slow the Spread of COVID-19

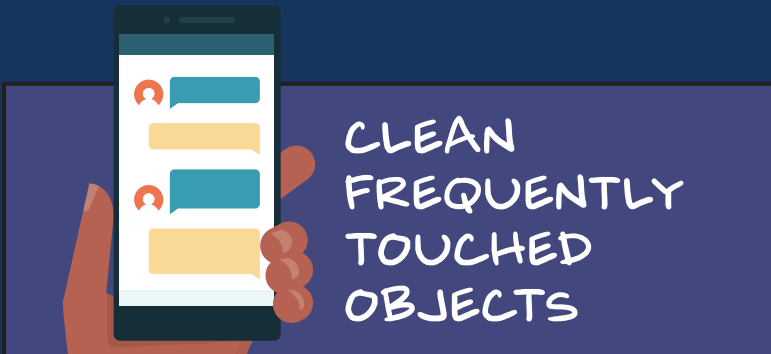
## Return to School Healthy!



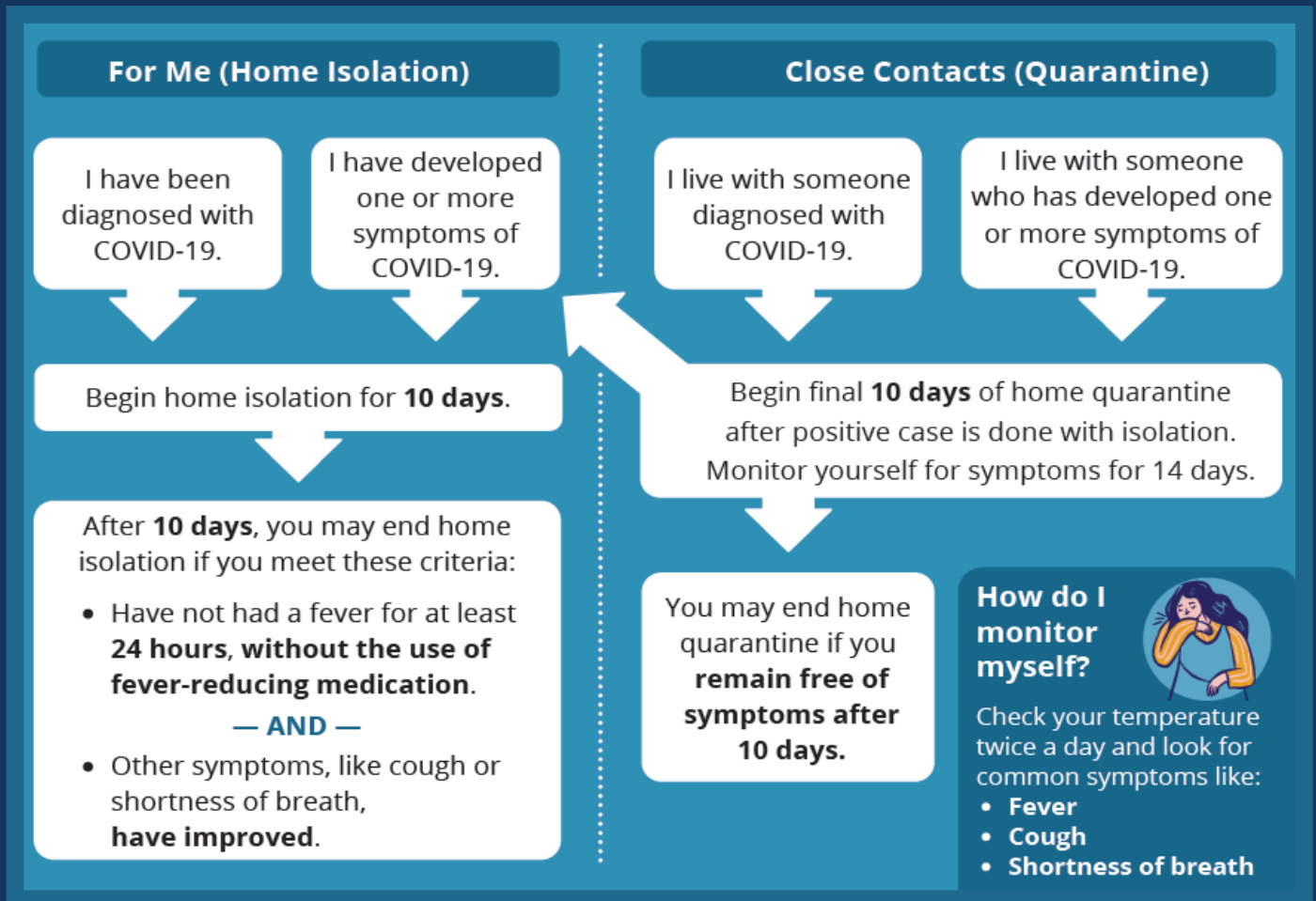
WHEN OUT WITH YOUR FRIENDS, WEAR A MASK



AND STAY 6 FEET APART FROM OTHERS



# What happens if I don't feel well or have been near someone with COVID-19?



**Isolation and quarantine mean staying home from work, school, gatherings, extracurricular activities and any other public place other than when seeking medical care.**

**ISOLATE** for a minimum of 10 days, if you receive a positive COVID-19 test result, from the start of your symptom(s) or your positive test date if you didn't have symptoms. If someone is awaiting test results, they must stay home until the results are in.

**NOTIFY** your close contacts that they may have been exposed and encourage them to get tested. A close contact is someone who has been within six feet (about two arms' length) of an infected person with or without a face covering for at least 15 minutes in 24 hours including brief encounters (it does not need to be consecutive minutes). There may be exceptions to these criteria in certain cases where the risk of transmission is higher such as contact during high impact sports, hugging or sharing eating utensils or drinks, even if it was less than 15 minutes.

**QUARANTINE** for at least 10 days, if you are a close contact of someone who has COVID-19. Monitor yourself for symptoms for 14 days. Quarantine is longer than isolation since a person can be infectious before showing any symptoms. People who've had COVID-19 within the last 90 days, do not need to quarantine as a close contact.