

COVID-19 “NOW WHAT” FLOW CHART

**I just found out I’ve been exposed to the virus.
Now What?**



Stay at home (except to seek medical attention); do not run errands; wear a mask; distance at least 6ft from others, wash hands frequently; check for symptoms for 10 full days (No quarantine needed if vaccinated. Watch for symptoms, however.)

<ul style="list-style-type: none">• Runny nose• Sneezing• Congestion• Sore throat	<ul style="list-style-type: none">• Headaches• Fever 100.4 or chills• Cough• Loss of taste or smell	<ul style="list-style-type: none">• Shortness of breath• Muscle aches• Nausea/Vomiting• Diarrhea
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Get an antigen (rapid) tested on Day 7 – St. John’s United at 502 N. 30th St. will provide free antigen tests for School District 2 students, employees, and their families; appointments can be made at stjohnsunited.org/services/health/laboratory/



NO SYMPTOMS – TESTS NEGATIVE
Go back to school on Day 8; wear mask; distance; wash hands; continue to watch for symptoms through Day 14 after exposure

SYMPTOMS – TESTS NEGATIVE
Follow-up with PCR test

- St. John’s will administer PCR test for \$100
- RiverStone will test administer PCR test for free – for appt. call 247-3350
- Yellowstone Pathology will test for free – no appt. necessary
- Call a pharmacy to administer PCR test

SYMPTOMS – TESTS POSITIVE
Isolate for 10 full days from symptom onset

- Separate yourself from other people & pets in your home
- Stay in a room away from other & use separate bathroom, if possible
- Maintain physical distance and wear a mask
- Clean & sanitize surfaces such as doorknobs, counters, etc.

Return to school.



Tests negative



Tests positive



RECOVERY: 10 full days of isolation **AND** symptoms resolved or greatly improved; no fever for 24 hours without fever reducing medication; no productive cough; **NO NEED FOR NEGATIVE TEST TO RETURN TO SCHOOL.** Seek medical care if you have trouble breathing or if symptoms persist.